

MEAL PREP BASICS

WHAT TO KEEP IN MIND

- Meal prep allows you to cook 3-5 days worth of meals at one time.
- These ready to cooked meals save you money and time and help you reduce food waste
- You start by picking a day and setting aside a few hours to cook.
- You can use your freezer to store meals that you don't get a chance to eat because something came up like deciding to go out to dinner.
- Make sure you use what you have in your refrigerator or pantry first, and incorporate them into the recipes.



WHAT YOU NEED

- Having a plan and the right tools to implement it are key.
- Make sure that you have variety of storage containers that are different sizes, freezer and microwave safe and BPA-free on hand
- If you have a hard time eyeballing portions you can use a scale or use specific sized storage containers to help with accuracy
- Some helpful kitchenware to have is a large nonstick frying pan, a crockpot, large soup pot and sheet pans
- Most of all have a WELL THOUGHT OUT SHOPPING LIST

