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# MEAL PREP MANIA

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Thinking ahead and creating a plan is crucial to putting healthy meals on the table. If you're new to the concept, focus first on breakfasts and snacks, or plan and prep for a few days. As you build your skills, explore additional meals or expand your efforts.

Before you start, get organized! Create a folder of favorite recipes and create grocery shopping templates.

## Personalized Prep Tips



**PROTEIN:** Consider bulk cooking proteins to use across multiple meals. Freeze a variety to offer flexibility: cooked/chopped chicken, flaked cooked salmon, pre-marinated sliced raw chicken, etc. For quick meals, stock the pantry with plant protein; beans, lentils, nuts and seeds.



**CARBS:** Quick cooking carbs are crucial for easy weeknight meals. Keep sweet potatoes on hand to roast or microwave. Open canned, salt-free beans or lentils. Pre-cook and freeze whole grains like quinoa, farro and brown rice to use in soups, salads and grain bowls.



**FATS:** Healthy fat bring flavor and satisfaction to a meal, as well as heart healthy nutrients. Keep nuts and seeds on hand for easy additions to meals. To prep healthy fats, try making flavorful sauces on Sunday, like a Thai Peanut Sauce or Balsamic Vinaigrette.



Find a meal prep strategy that works best for you to prepare for the week. Consider your schedule, persons in your household and interest level in cooking, then go from there.

### Cook Entire Meals

- Soups or Stews
- One Pot Dishes
- Casseroles or Baked Dishes

### Cook Meal Components

- Prepared Proteins
- Cooked Grains or Beans
- Roasted Vegetables

### Prepare Foods for Cooking

- Chopped Vegetables
- Marinated Proteins
- Vinaigrettes or Sauces