

MEAL PREP



BUDGET BITES #3

Meal Prep Hacks

Carbs/Starch

- **Prep a large batch of grains.** Try rice, quinoa, or oatmeal.
- **Get creative with non-grain starches** like potatoes. Bake, boil, mash or sauté!
- **Cook your grains first.** While the grains cook, use this time to prep other ingredients.

Protein

- **Prep one protein 3 different ways.** Try different spices/marinades for variety & flavor.
- **Get fancy with plant-based protein.** Try tofu, beans, and lentils.
- **Master the perfect hard-boiled egg.** A quick grab-and-go option for busy days.

Fats

- **Add healthy fats as toppings**
 - Olive or avocado oil on salads or roasted veggies
 - Nut butter on over-night oats, oatmeal, or toast
 - Canned tuna or avocado on crackers

Fiber (Fruits/Veggies)

- **Wash and prep fresh produce** when you get home so it's ready to grab for a snack.
- **Roast a large batch of veggies** to add to meals throughout the week.
- **Utilize frozen and canned options** to save time and money

Meal Prep Tips

Before



- Schedule day(s)/time(s) for meal prep
- Read recipes all the way through before starting
- Adjust recipes to bake multiple dishes at the same oven temp
- Grab all of your ingredients and equipment out beforehand

During



- Keep your space organized
- Clean as you go
- Utilize sheet pans to cook protein and veggies
- Make use of down time
- Have fun! Play your favorite music or listen to a podcast

After



- Refrigerate within 2 hours
- Jot down your thoughts: What did you like? What did you dislike? How long did it actually take?
- Allocate time to clean up