# 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.

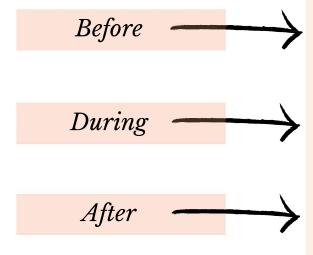
#### Fats

- 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



•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

•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

•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



