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

For more information and recipe ideas, visit wellness.sfsu.edu/nutrition