

# MEAL PREP

## NOURISHING YOUR BODY ON A BUDGET

Meal prep is any sort of food preparation or cooking done ahead of time. It can help you save time, spend less money on food, reduce stress related to eating, and make it easier to nourish your body with satisfying meals and snacks.

### TYPES OF MEAL PREP

#### Ingredient Prep

No cooking, simply chopping and storing ingredients to save time when you make a meal.

#### Batch Prep

Preparing a large amount of one ingredient or food group to incorporate into different meals.

#### Mix & Match Prep

Preparing a variety of ingredients from different food groups for mix and match meals.

#### Whole Meal Prep

Preparing whole meals that are fully ready to eat when you're hungry.

### MEAL PREP HACKS

- Pick one protein and prep it different ways
- Save time with frozen and canned fruit and vegetables
- Eggs are a quick, cheap, and versatile protein source
- Utilize convenience foods:
  - Pre-made sauces
  - Microwave grains
  - Canned beans, tuna/salmon
  - Pre-cooked frozen meat, seafood or veggie burgers

### FOOD SAFETY TIPS

**CLEAN.** Wash hands before cooking and after touching raw meat/eggs.

**SEPARATE.** Use a separate cutting board for meat or prep produce first.

**COOK.** Make sure food is cooked to the [correct temperature](#).

**STORE.** Cool and refrigerate or freeze food within 2 hours of cooking.