

4 TIPS

For Meal Prepping

1

Prep Food Groups instead of Full Meals

Cooking 1 or 2 batches of a protein can help to simplify your meal prep and give you freedom to use it in different dishes throughout your week

2

Make Extra!

Cook larger amounts of meals so you can have these as leftovers the next day for lunch or dinner!

3

Buy Convenience Items

Make it easier on yourself and take those shortcuts! Buy rotisserie chickens, frozen veggies, single serve guacamole packets and more!

4

Keep it Fun

Get in the kitchen with your family, put some music or a movie on and make meal prep feel like a positive activity rather than a chore

Meal prepping or planning can be a useful tool to help keep you on track during the busyness of your work week

