

The background of the image is a top-down view of a white tiled surface with various meal-prepped items. In the top left, there is a glass bowl filled with sliced red and yellow apples. In the top center, a glass container holds sliced chicken, cherry tomatoes, and fresh basil leaves on a slice of whole-grain bread. To the right of this, a small wooden bowl contains a mix of nuts, including cashews and almonds. In the top right corner, a glass bowl is filled with green grapes. On the left side, a wooden cutting board is partially visible. In the middle right, another glass container shows a meal with chicken, rice, and broccoli. At the bottom left, a glass container is filled with a variety of items including salmon, broccoli, green peas, and dumplings. At the bottom center, a glass container holds a meal of rice, green beans, and two halves of a hard-boiled egg.

Meal Prepping *Guide*

LEARN TO MEAL PREP
LIKE A BOSS TO SAVE
TIME AND MAKE
HEALTHY EATING A
SNAP.

MEAL PREPPING 101

Getting started...

Meal prepping saves time and makes healthy eating as simple as possible. While there are a *ton* of ways to meal prep, here are 3 popular methods:



Batch cooking

Cook multiple batches of the same recipe and freeze to eat later on. This method is a great fit if you're low on time during the week.



Individually portioned meals

Divvy up meals into individual portions so they're grab-and-go.



Ready to use basics

Prep whole food ingredients so you can easily mix and match for quick throw together meals.

Before getting started:

- 1) Have plenty of food containers on hand... you'll need them! Airtight glass storage containers and mason jars work well.
- 2) Choose your menu and make your grocery list.
- 3) Shop for ingredients.
- 4) Schedule your meal prep time. Blocking off between 30 minutes to 2 hours is a good rule of thumb.
- 5) If you're new to meal prep, keep it simple. Cooking a protein, a grain and a tray of veggies will save you a ton of time during the week.
- 6) Have fun with it! Put on some good tunes or listen to a podcast or audiobook while you prep.

MEAL PREPPING

What to make



Make-ahead meals:

- Soups
- Casseroles
- Chili
- Sheet pan meals
- One skillet meals
- Stir fries
- Egg muffins



Individually-portioned meals:

- Mason jar salads
- Frozen smoothie packs
- Overnight oats
- Chia pudding
- Lunches for the week



Ready to use basics:

- Cooked rice
- Cooked quinoa
- Cooked beans
- Roasted veggies
- Cooked chicken
- Chopped veggies
- Hard boiled eggs
- Dressings, dips, and sauces
- Frozen herb and olive oil cubes

How long will it stay fresh?

Most frozen food will stay fresh for around 3-6 months. To save time, you can even freeze cooked staples like rice, quinoa, and beans.

When stored in the fridge, freshness will vary depending on the food:

- Cooked chicken: 3-4 days
- Cooked dishes with meat: 3-4 days
- Hard-boiled eggs: 5-7 days
- Roasted veggies: 3-4 days
- Chopped veggies: 5-7 days
- Cooked beans: 3-4 days
- Cooked grains: 3-4 days

For maximum freshness, store food in airtight containers. And **always label every meal or ingredient with the date cooked.**

MEAL PREP HACKS

How to make food last longer



Wash fruits & veggies with water and vinegar

This combo kills bacteria, helping your food stay fresher longer. Keep a spray bottle on hand with 1 part vinegar and 3 parts water for an easy DIY produce wash.



Store certain cut veggies in water

Storing hardier cut veggies like carrots, celery, and potatoes in water can help prolong freshness. Just be sure to change the water out every few days.



Store fresh herbs like flowers

To keep herbs fresh, snip off the ends and place them in a mason jar with 1-2 inches of water (similar to a vase of flowers). Cover the top with a produce bag and store in the fridge. This also works well with asparagus!



Freeze it

If you don't plan to eat something in the next 3-4 days, freeze it. Leave one inch of headspace so food can expand as it freezes. To extend freshness, keep your freezer set at 0 degrees Fahrenheit or below and your fridge set at 40 degrees Fahrenheit or below.