



## **MEAL PREPPING 101**

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Since preparation is key to achieving your fitness and nutrition goals, preparing meals ahead of time can help you with healthy meal and snack options throughout the day. When we don't have quick access to healthier options, we tend to grab unhealthier, calorically dense foods that do not support our goals. Below are some beginning tips for prepping meals and snacks ahead of time for the week as well as a few simple recipes to get you started:

1. **Invest in quality containers.**

Finding the right container is important especially if you are transporting food or storing it in a refrigerator or freezer. Look for containers with sections so you can separate food as needed. Also look for BPA-free plasticware or glass containers that are microwave and dishwasher safe to make life easier!

2. **Make list.**

Plan your recipes and grocery items needed for at least five days in advance for the week. This way, you are able to know exactly what you need to purchase when you go the grocery store. We all know what happens when we don't have a list – we wander around and spend more money on unhealthy options!

3. **Cook in batches.**

One sheet pan meals are super quick and convenient when cooking in batches. All ingredients go onto one sheet and are cooked all together to create a batch. You may also choose to cook batches of meats, veggies or starches. For example, you may cook a week's worth of brown rice at once, store in a container in the fridge and then create what meals you want with it during the week (burrito bowls, stir fry, etc.)

4. **Make it fun!**

Meal prepping the same recipes each way may feel easy and comfortable to you, but I encourage you to switch it up from time to time. This creates the opportunity to discover and try new and exciting recipes and foods.