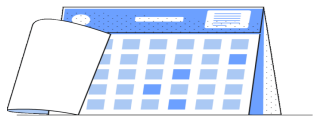


Meal Prep Tips



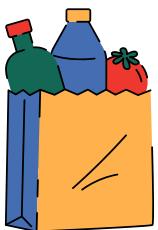
By following these tips, you can save time, reduce stress, and maintain a healthier eating routine through efficient meal planning and preparation.

Set aside dedicated time: schedule a specific time each week for meal planning and prep. Treat it as an important appointment to ensure you prioritise it.



Plan your meals: decide what meals you want to prepare for the week ahead. Consider your dietary goals, preferences, and any special occasions or events.

Create a shopping list: based on your meal plan, make a detailed shopping list of all the ingredients you'll need. This helps you stay organised and ensures you have everything on hand,



Shop with purpose: When grocery shopping, stick to your list and avoid impulsive purchases. This saves time and money while keeping your meals on track.

Batch cook: prepare larger quantities of certain dishes, such as soups, stews, curries, pastas or grains, to last for several meals. Portion them out and store in containers for easy grab-and-go options.



Meal Prep Tips



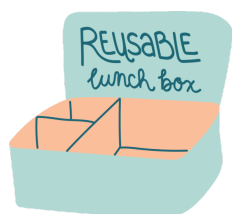
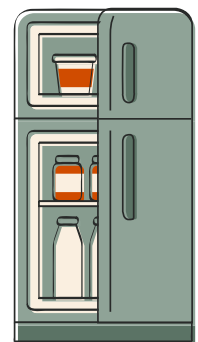
By following these tips, you can save time, reduce stress, and maintain a healthier eating routine through efficient meal planning and preparation.

Use versatile ingredients: Opt for ingredients that can be used in multiple dishes. For example, roast a whole chicken and use it for salads, sandwiches, or stir-fries throughout the week.



Pre-cut and prep ingredients: Wash, chop, and prep vegetables and fruits in advance, so they're ready to be used in recipes. This saves time during the week and encourages healthier snacking.

Utilise the freezer: Freeze individual portions of meals or ingredients that you won't consume immediately. This extends their shelf life and provides you with quick options for busy days.



Invest in meal prep containers: Purchase a set of reusable, portion-controlled containers to store your prepped meals. They make it easy to portion and pack meals for each day.

Stay organised: Label and date your prepped meals and ingredients, so you can easily identify and rotate them. Keep your fridge and pantry tidy, ensuring easy access to the foods you need.

