



the **FRESH 20**

MEAL PREP GUIDE

You have heard it before; meal prep is a huge time-saver. If you have not tried it before, let this be the week you embrace it. If you are a meal prep regular, perhaps you will find some new solutions to make your week even easier. Involve the family and make prep-time a fun new tradition.



LOOK AT YOUR CALENDAR FOR THE WEEK:

Start with a plan. Work off the prep guide, but customize the guide to meet your needs

SET ASIDE ENOUGH TIME TO SHOP & PREP:

Schedule the time in your calendar.

THINK ABOUT THE TIMES DURING THE WEEK THAT ARE THE GREATEST CHALLENGE:

Are you rushing out the door early in the morning? Do you get home late from work or have activities with children that keep you busy until late in the evening? Do you sometimes skip lunch or eat on the run? Do snacks sabotage your health? Make plans to tackle those challenging times.

PREP TIPS

01 LABEL IT

Label more than just the contents
- label what you need to do, for example, “use half Monday, half Thursday”

02 GATHER IN GROUPS

This week’s menu includes a power smoothie. Peel banana and avocado and add to sealed bag or container along with washed blueberries. In the morning, simply add pre peeled and chopped cucumbers, ice and milk along with prepared smoothie pack for a quick and easy breakfast.

03 BOIL EGGS

This week’s menu calls for 2 hard boiled eggs per person. Plan on a few extra for snacks. This is an easy prep hack but a great solution for a quick high-protein snack or meal-time extra.

04 PLAN FOR BREAKFAST

The huevos rancheros has the most steps, but if you have the ingredients chopped and divided, this delicious scramble comes together in 5 minutes. Keep chopped onion, pepper and zucchini in one container. Wash beans in advance and have herbs washed, chopped and ready in a separate container. This weeks oats are overnight oats; breakfast solved!

05 MAKE SAUCES

As a rule, always make dressing, salsa and sauce in advance. These are the items that take the most time but also add the most flavor so it’s time well spent. I’ll probably double the salsa for a flavorful salad topper and easy snack over sliced cucumbers, or maybe in a cucumber boat as a snack!



WASH GREENS

DRY AND STORE

Preparing greens immediately after returning with groceries ensures they will get used during the week. Wash and dry well. Store in an airtight container wrapped in a piece of paper towel to stay crisp.



MEAL PREP CHEAT SHEET

SCHEDULE SHOPPING AND PREP

- **MAKE AN APPOINTMENT FOR YOUR HEALTH:** Make a calendar date with yourself for food shopping and prep.
- **PLAN AHEAD:** Map out your plan. Include all meals and snacks.
- **KEEP IT SIMPLE:** Plan to use ingredients you will need to purchase
- **WASTE NOT:** Use extra vegetables from the week before to boil a quick soup.

WASH AND CHOP

- **TIMING IS EVERYTHING:** Set aside time to wash and chop all vegetables for use during the week. Keep containers for different types of vegetables and different styles of chopping.
- **ROOM SAVING STRATEGY:** Store individual cut vegetables in a single container and measure out your portion daily.
- **VEGGIE SNACK PACKS:** Pre-portion veggies in individual containers for easy weekday snacks.

MARINADES AND DRESSINGS

- **ADD FLAVOR:** Make marinades, dressings, sauces or spice blends in advance. Store and use when needed.
- **MAKE EXTRA:** Double the recipe for any sauce or dressing if it will work for another meal during the week.

FULL MEALS IN ADVANCE

- **STORE SAFELY:** Most cooked meatless meals store well refrigerated for 4-5 days and frozen for up to 6 months. Meat-based cooked dishes store for about 3 days refrigerated and 3 months frozen.
- **GET IT DONE:** Look at your proteins for the week. Are there any days you anticipate a challenge?