

*the* **FRESH 20**

# QUICK MEAL PREP TIPS



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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 and 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.

**Set aside prep containers and create a labeling system:** Label more than just the contents - label what you need to do, for example, “use half Monday, half Thursday.”

**Pre-package your smoothie ingredients:** 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.





**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.

**Prepare as much of your breakfast the night before as you can:** 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!

**Make chimichurri and salsa in advance:** 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 lettuce for lettuce wraps, dry well, and keep in an airtight container wrapped in a piece of towel to stay crisp.**

**Don't forget about snacking veggies:** When you wash and chop veggies, chop extra for snacks. A fridge of pre-washed and chopped carrots, peppers and cucumbers is the best snacking solution. I will probably also grill a few extra zucchini and hope for a bit of leftover chimichurri to dollop over top.