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Beginner lessons for Meal Prep

Master Meal Prep: Save Time and Eat Healthy!

DEFINITION

> Meal prep is the practice of preparing meals in advance to save time and ensure healthy eating. It involves cooking and portioning meals for the week ahead.

KEY CONCEPTS

Planning

Start by planning your meals for the week, including breakfast, lunch, and dinner.

Batch Cooking

Cook large quantities of food at once to divide into portions for the week.

Storage Solutions

Use airtight containers to store prepped meals in the fridge or freezer.

Balanced Nutrition

Ensure each meal includes proteins, carbs, and vegetables for balanced nutrition.

Time Management

Set aside specific times each week for meal prep to create a routine.

EXAMPLES

→ Prepare grilled chicken, quinoa, and steamed broccoli for lunch.

→ Make overnight oats with fruits for quick breakfasts.

→ Cook a large pot of chili to portion for dinners.

MEMORY TIPS

★ Remember 'Plan, Cook, Store' for the meal prep process.

★ Use the acronym 'B.E.N.' for Balanced meals: Beans, Eggs, Nuts.

★ Visualize a weekly calendar to remember prep days.

COMMON MISTAKES

✗ Not planning meals, leading to last-minute decisions.

✗ Overcooking or undercooking food during batch cooking.

✗ Neglecting to label containers, causing confusion later.

QUICK RECAP

Meal prep helps save time and promotes healthy eating. Focus on planning, batch cooking, and using proper storage. Avoid common mistakes like poor planning and mislabeling.