

ONE PAGE SUMMARY

Lifestyle & Hobbies > Healthy Eating > Meal Prep

Beginner lessons for Meal Prep

Master Meal Prep for a Healthier Lifestyle!

DEFINITION

Meal prep is the process of planning and preparing meals in advance to save time and promote healthy eating. It helps you stay organized and make better food choices throughout the week.

KEY CONCEPTS

Planning

Start by deciding which meals to prepare and when to eat them.

Batch Cooking

Cook large quantities of food at once to save time and effort.

Storage Solutions

Use containers that are suitable for freezing or refrigerating meals.

Balanced Meals

Ensure each meal includes a balance of protein, carbs, and vegetables.

Portion Control

Divide meals into appropriate portions to avoid overeating.

EXAMPLES

- Prepare chicken, quinoa, and broccoli for the week.
- Make overnight oats for quick breakfasts.
- Chop veggies and store them for easy snacks.

MEMORY TIPS

- ★ Think 'Plan, Cook, Store' to remember the meal prep process.
- ★ Use the acronym 'BPS' for Balanced, Portion-controlled, and Stored meals.
- ★ Visualize a weekly calendar to remember meal prep days.

COMMON MISTAKES

- ✗ Not planning meals ahead of time.
- ✗ Overcomplicating recipes and cooking too much variety.
- ✗ Neglecting food safety and proper storage.

QUICK RECAP

Meal prep is essential for maintaining a healthy diet and saving time. Focus on planning, batch cooking, and ensuring balanced meals for the week. Avoid common mistakes like lack of planning and overcomplicating recipes.