

MEAL PREP TIPS & TRICKS



Start small – pick one meal that you struggle with and focus on that



You don't always need to prep full meals!

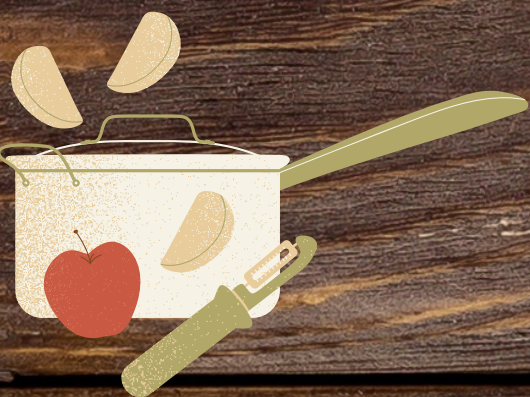
Small things like cooking rice, chopping veggies or cooking a few chicken breasts will save a lot of time throughout the week



Take inventory of what you have and make a menu at the start of the week to help build a grocery list



Buy frozen fruits and vegetables for convenience and to limit food waste



Take advantage of your freezer! Cook double of freezer-friendly meals like soups, chilis, stews & muffins