

# Meal/Food Prep Tips

1. Make grocery list ahead of time.

2. Wash produce as soon as you get home.

3. Wash and wrap leafy greens in paper towel. Helps keep them fresh longer.

4. Keep fruits, raw-unsalted nuts, and dried fruit for healthy and quick snacks. Make homemade trail mix or granola

5. Chop up fruits and veggies for the week. Store in Mason jar, fill with water and a bit of lemon juice.

6. Keep fruit and raw veggie platter at kid's reach in the fridge for quick snacks and encouraging healthy alternatives

7. Roast a variety of veggies in a large sheet pan to have ready as sides for lunches and dinner.  
Ex. Broccoli, Cauliflower, Zucchini, Squash, Eggplant, Asparagus, Etc.

8. Include 1-2 large Instant Pot or Slow Cooker meals in your meal plan to have enough leftovers for dinner or lunch for a few days with little effort.

9. Make a large pot of a grain (Ex. Brown rice or quinoa) to have ready as sides.

11. Make freezer friendly foods like chicken patties, salmon cakes, broccoli tots, etc. and keep a freezer stash for quick meals.

12. Keep half a dozen to a dozen hard-boiled eggs in the fridge for quick breakfast or lunches. (Pro tip- hard-boiled eggs can be kept refrigerated for 5-7 days in shells.

13. Cook chicken breasts in the slow cooker or Instant Pot. Shred it and keep refrigerated or frozen for sandwiches, salads, or quesadillas.

10. Keep chopped raw veggies in the freezer for soups, stir fries, rice, etc.

14. Always have breakfast foods stashed in the freezer for busy mornings. Ex. Pancakes, waffles, egg muffins, breakfast burritos, and smoothie bags.

15. Make homemade pasta sauce or pesto and refrigerate or freeze for quick pasta or pizza meals.

Week of ( \_ / \_ ) Making: