

Meal Prep Tool Kit

What You'll Need

- Food Scale
- Measuring Cups
- Tupperware
- Rice Cooker
- Freezer bags
- Kosher Salt
- Pepper
- Baking Sheet
- Oil Olive Spray

What You'll Do

Meal prepping can be a daunting and time-consuming endeavor. But with the right tools, practice, and a little bit of patience, meal prepping can become an exciting start to your food week.

There's no one way to cook food. Everyone approaches prep differently; the trick is finding out which way works best for you.

A good start is to begin with the grocery list. Find the foods that work best for your individualized dietary needs, and stick to the list. With the items listed, know where to buy them. Often times, Aldi's and Walmart are the cheapest options, but local butcher shops may have higher quality meat at similar prices.

In order to meal prep without the pressure of time constraints, many people choose to prep on a day in which they have off. While that may not be possible for everyone, it is a good idea to set aside three to five hours in order to shop, cook, and put together the meals. The amount of time will depend on the quantity of food, and the number of people you are prepping for. In the beginning, buying and cooking meals may feel more like guess work than a measured science. Do not fear! After a few weeks of cooking your own meals, you'll soon know just how much to buy and how long it will take you.

Shopping Lists

Together, we will work to figure out just how much protein, carbohydrates, and fat you will need for your diet. The following guidelines are generalized, and meant to offer an example for which you can build your own shopping lists. The amount of food may vary.

Woman, 153 lbs

Goal: Maintain/tone

3 packages of turkey (about 1.2lbs per container)

1 package of 90/10 ground meat

(about 2.3lbs per container)

3 peppers

3 Zucchini

2 bags of spinach

2 containers nonfat greek yogurt

1 bag frozen blueberries

1 bag of brown rice

1 bag of sweet potatoes

1 container eggs

Man, 175 lbs

Goal: Add strength

2 packages of ground meat (about 2.3lbs per container)

1 large salmon

4 lbs of chicken breast

1 bag of sweet potatoes

3 bags of mixed frozen veggies

1 bag of brown rice

1 bag of sweet potatoes

2 containers eggs

The Prep

In order to remain as time-efficient as possible, it's best to begin prepping with the items that take the longest. Utilize the long cook-time of one food item to begin the process of another. For example, if the oven is necessary for your protein source, such as baking chicken or salmon,

it would be most efficient to preheat the oven as your first step. While the oven is preheating, prepare the baking sheet with olive oil spray, and place your chicken or salmon, or both, onto their respective sheets, and season the protein. Once the oven is to temperature (425F for twenty minutes) begin baking. If potatoes are a carbohydrate source for the week, consider cooking the potatoes at the same time.

While the chicken/salmon is baking, use that time to begin another item, such as rice or veggies. Rice cookers make making your carbohydrate source very simple. Depending on your nutritional needs, measure out rice or quinoa (For the average woman, 3 cups should be enough for the entire week. For a man, 3 or 4 cups, depending on activity level). The container or bag of rice/quinoa will indicate the amount of water necessary. Once the water is added, simply press the button that corresponds to the grain (White rice for white, brown rice for quinoa). The rice cooker will do the rest.

With two sources cooking, you have multiple options. Some people like to take this time to begin setting out their Tupperware. You could also begin portioning out your vegetables, or cooking them if necessary. It would also be possible to cook additional protein, such as ground meat, on the stove as well..

Once the protein in the oven is done, take it out and allow it to cool. By this time, the rice/quinoa should also be done, or be done shortly after. Begin portioning out meals at this time. With meals portioned out, you'll start to have an idea just how much food it takes to prepare for your week ahead.

If you find you're just short of enough food, be sure to plan and adjust for the additional days that you'll need. For some people, multiple trips to the grocery store a week are okay, and meal prepping only four or five days out is the norm. For others, the task of shopping or cooking more than once a week would be far too taxing. Figure out which type of person you are.

If you find you have too much food, be sure to freeze what you won't eat or cook right away.

The above is a guideline for the main meals of the day, excluding breakfast. If you'd like to meal prep breakfast as well, consider overnight oats, or hard boiled eggs. Both are easy, delicious options for people who find it difficult to cook breakfast in the morning. Remember,

your first meal of the day sets the tone of your food success, so don't skip it, and never settle for fast food as a meal replacement (coffee is also not a breakfast).

The Products

Meal prep doesn't have to be expensive. Sure, the initial investment may be a little bit costly, but your health is worth it. Listed below are a few products that are budget-friendly and easy to use.

Food Scale



[https://
www.amazon.com/
Tenergy-Sensitive-](https://www.amazon.com/Tenergy-Sensitive-)

Rice Cooker



[https://www.amazon.com/Aroma-
Housewares-uncooked-Exterior-
ARC-150SB/dp/B0055FSN0Y/
ref=sr_1_6?](https://www.amazon.com/Aroma-Housewares-uncooked-Exterior-ARC-150SB/dp/B0055FSN0Y/?ref=sr_1_6?)

Tupperware



[https://
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