



MEAL PREPARATION TIPS

- ✓ **Start the “Sunday Night Ritual”:** Integrate 1-2 hours on Sundays to plan and prepare meals. Get your family involved in helping you to prepare the meals for the week by giving everyone an appropriate job, like chopping food items or storing food in containers.
- ✓ **Boil a dozen eggs at a time and refrigerate:** Hard-boiled eggs will last at least 5 days in the fridge and are a great compact snack to grab on the go.
- ✓ **Cook extra chicken breasts:** Grill or bake with your favourite seasonings. Great for slicing over salad or even eating half of a breast as a snack. Keep 3-4 in the fridge or individually freeze.
- ✓ **Chop up vegetables and store in individual containers:** Chop up your favourite vegetables to eat raw. You can use them for snacks or a quick stir-fry for a mid-week meal.
- ✓ **Wash entire heads of lettuce and chop for salads:** If it is already chopped up it is much easier to make a salad in the morning for lunch. Just grab your ingredients and place in a container.
- ✓ **Make a vegetable soup:** Use your favourite soup recipes to make enough soup for 1 week. Store 2-3 servings in the fridge and the rest in individual containers to keep in the freezer. It can be a meal or a snack.
- ✓ **Cook a huge amount of vegetable stir-fry:** Throw a bunch of vegetables into a wok and stir-fry with herbs and spices. Refrigerate in individual containers so meals are ready to serve. Add a chicken breast or piece of fish. This way dinner is almost ready without having to cook when you get home.
- ✓ **Pick 1-3 recipes and cook ahead of time:** Take out the meal the night before, or in the morning, and refrigerate so it will be defrosted by dinner time. Add a side of stir-fry or salad.
- ✓ **Portion out nuts/seeds:** Buy your favourite nuts/seeds in bulk and store in containers in the fridge. Portion out your weekly serving amounts into snack bags. This makes it handy to grab and go.
- ✓ **Create a standard grocery list:** Create a standard list of the foods you need on a weekly basis. This will save time at the shops as well as keep you from buying those sneaky extra items that always seem to end up in our trollies.

