

EASY MEAL PREP

TIPS | BENEFITS | RESOURCES ETC.

TIPS:

- Plan a weekly menu
- Make a grocery list
- Buy and cook in bulk
- Keep it simple
- Stock up on items you eat regularly
- Set a time and date to prep
- Utilize the crock pot
- Buy items pre cut to save time
- Re purpose leftovers
- Prepare multi use foods (ex: -
Chicken= Fajitas, on a salad, plain etc.
- Prepare foods that can be frozen and easily reheated
- Don't shy away from frozen foods, frozen veggies can be simple and easy to prepare

MOBILE APPS

- **OurGroceries** for Iphone and Android FREE; this app has features that allow you to create grocery lists and recipes along with sharing lists and recipes with family members/other users.

- **Meallime** for Iphone and Android FREE; Choose from different type of diets (Classic, Low Carb, Vegetarian etc.), add food allergies and dislikes, choose # of servings. This app has features such as picking weekly meals that comply with the diet chosen, and create grocery lists.

POSSIBLE BENEFITS:

- Saves time throughout the week
- Can help with portion control
- Can save \$\$
- Can lead to a more balanced diet
- Easily can be taken on the go

EASY/NO PREP SNACKS:

- Almonds
- Cottage cheese and fruit
- Hard boiled egg
- Raw fruits/veggies
- Cheese cubes
- Celery/Banana with peanut butter
- Avocado

RESOURCES FOR MEAL IDEAS:

- <https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/>
- <https://tasty.co/>
- www.pinterest.com (type in the type of recipe you are looking for in search bar)

FUN FACT: THE COOK IN A HOUSEHOLD SPENT AN AVERAGE OF 51 MINUTES IN MEAL PREPARATION ON AVERAGE IN ONE DAY, ADDING UP TO ~6HRS/WEEK.

