



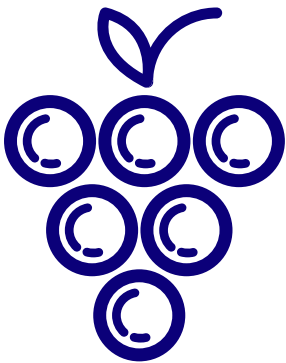
HEALTHY U

*A healthy U is a healthy UT*



# Healthy Meal Preparation

Eating healthy foods doesn't have to be difficult. With careful planning and a little extra work you can become the master of your meals. While meal prep may take time initially, it will save you time in the long run and make healthy eating even easier!

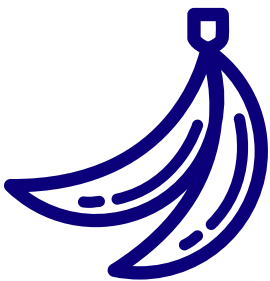


## Staple Foods

- 1) Fruits: apples, bananas, clementines, grapes
- 2) Vegetables: cucumbers, broccoli, carrots, celery
- 3) Grains: Whole grain bread, oatmeal, quinoa
- 4) Protein: beans, lean ground beef, eggs, tuna
- 5) Dairy: string cheese, greek or low-fat yogurt

## Compartmentalize

Cut up your fresh fruit and veggies and place them in individual containers to make it an easy grab and go snack. You can also pre-portion your meals, and grab them quickly in the morning.

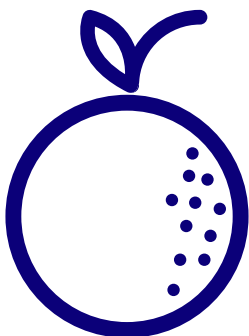


## Plan for Variety

Pre-cook lean ground beef and quinoa and add to a variety of meals. For example, you can make a quinoa salad or you can add ground beef to salads, saute with vegetables, etc.

## Oats and Eggs

Try out overnight oats in the crock pot and use them for breakfasts throughout the week. Also, hard boil a batch of eggs- they can be used as a high protein snack or added to salads.



## Write it Out

Write out your meals for the week, including ingredients needed and specific prep directions.