

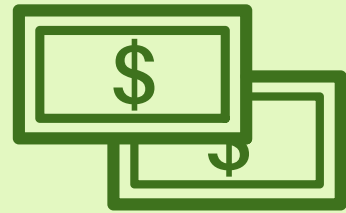
# MEAL PREP

## Tips for Beginners

### WHY MEAL PREP?

You will:

- save time
- save money
- have control over portion sizes
- have a meal for on-the-go
- waste less food
- stress less in the kitchen
- stay on track with your diet
- remove temptation



### WHO CAN MEAL PREP?

- ANYONE!
- College students
- Athletes
- Busy families
- Fitness enthusiasts

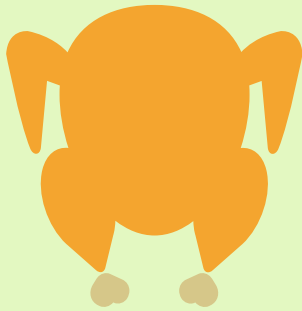
### WHAT DO I NEED?

- Sheet tray, aluminum foil or parchment paper
- Skillet, pot, rice cooker, slow cooker
- Air-tight containers, resealable containers:
  - Microwave-safe food container, plastic or glass
  - Divided containers, like a bento box
  - Sandwich bags



## WHERE DO I START?

1. Consider what you'd like to eat.
2. Choose a protein, grain, and vegetable.
3. Decide your preferred preparation method (roasting, grilling, steaming)
4. Cook food, let cool\*, place even portions in air-tight containers.
5. Store in refrigerator for up to 4 days.
6. Reheat in microwave to 165°F and enjoy!



## WHAT FOODS WORK BEST?

### Proteins

- Cooked meats
  - Chicken
  - Beef
  - Cold cuts
- Cooked seafood
  - Salmon
  - Shrimp
  - White fish
  - Tuna

## WHAT FOODS WORK BEST?

### Veggies & Starches

- Steamed Veggies
- Roasted Veggies
- Fresh veggies:
  - Broccoli
  - Carrots
  - Radish
- Cooked Starches
  - Sweet potatoes
  - Wild or Brown rice
  - Whole wheat pasta
  - Canned beans



## SAMPLE RECIPE: Pesto Chicken Pasta

- 1 tbsp olive oil
- 2 cups asparagus, cut into 1 inch pieces
- 2/3 cup pesto
- 2 cups whole wheat penne
- 1 pound cooked chicken breast, diced
- 10 oz cherry tomatoes, halved
- Add 1 tbsp olive oil to skillet on medium-high heat
- Saute asparagus 3-4 minutes until tender, add a pinch of salt
- Add chicken, pesto, and cooked pasta and cook another 1-2 minutes
- Add cherry tomatoes and toss to combine