

Healthy Meal Planning & Prepping



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Lack of time to eat healthy meals leads many people to choose less healthy options, eliminate mindful eating, and oftentimes overeat later in the day. Meal planning and prepping can help reduce the stress of wondering what to eat at each meal, as well as set you up for success in selecting the healthy choice.

How to Meal Plan

1) Come up with recipes you will make this week.

Social media, websites, and cookbooks are all great places to search for healthy recipes. A good place to start is determining 2-3 recipes for each meal you will eat over the course of one week. This way, you can ensure you are eating a variety of foods, but also saving money and reducing food waste.

2) Schedule your meals.

What are you having for breakfast, lunch, and dinner? Any snacks? Write this down on a piece of paper or on specific note pads for meal planning.

3) Survey your kitchen.

What do you currently have? What do you need to buy? Think of any ingredients you can swap (ex: a recipe calls for kidney beans but you already have black beans – an easy swap and a money saver!)

4) Write your list of foods to buy.

This will help you stay on track when grocery shopping.



How to Meal Prep

Meal prepping can be done a few ways. You could prep the recipe exactly as it is intended to be eaten and then portion it out in containers, so that all you have to do when you are ready to eat, is heat it up (if necessary). On the other hand, you can prep all your ingredients so that they are ready to go when it is time to start creating the recipe. This eliminates much of the prep time since you have the ingredients ready for cooking and assembly. Here are some tips for how to make meal preparation as easy as possible:

- 1) Wash, cut, and store your fruits and vegetables as soon as you get home from the store.
- 2) Boil any eggs if you bought them fresh.
- 3) Cook or bake your meats, fish, and vegetables prior to storage in the refrigerator.
- 4) Cook and refrigerate any whole grains, like quinoa or farro.
- 5) Portion out dairy products like yogurt or cottage cheese if you did not buy single serve containers.



Easy Snack Ideas with Minimal Preparation

Carrots/celery sticks and light ranch
 Whole wheat crackers and hummus
 Greek yogurt and a hardboiled egg
 Rice cake topped with low fat cottage cheese
 Apple slices and peanut butter
 Bell pepper slices and hummus
 Celery sticks with peanut butter and raisins

Cucumbers topped with low fat cream cheese and hemp seeds
 Turkey deli meat wrapped around a cheese stick and a side of berries
 Whole grain tortilla chips with guacamole
 Chopped broccoli and hummus
 Whole wheat toast with peanut butter and banana slices
 Almonds and grapes