

# Meal Prep 101

Meal prep... the thing most people know they should do, but don't! They don't have time, they can't be bothered or they just don't know where to start.

Well, I'm here to tell you that meal prep will make your healthy habits SO MUCH EASIER. Fail to plan, plan to fail! This is a saying I am sure you have come across and I hate to say it, but it's true. Planning is a crucial step if you want to maintain that healthy balanced diet and I promise you once you start applying it, you will love it! Here are a few tips to get you started.

**CONTAINERS** – your best friends in the meal prep world. Buy lots of them, in all shapes and sizes. Snack sizes, soup sizes, dressing sizes, even stock up on some freezer bags – snack and sandwich size. Make sure they are BPA free and ensure they are both freezer and microwave safe. You have yourself a leaning tower of containers... now what???

**MEAL PLAN** – make yourself a rough plan. What are you having for breakfast and lunch each day, what will your snacks be during the day?

Have to be at work early on Wednesday, no problem, liquid breakfast on the go – smoothie! From there you can figure out what you can make ahead of time (almost everything). Salads will last about 3 days in the fridge without a dressing, vegetables about 5 days. Meats 3-4 days, hard boiled eggs up to one week. Meal plan, CHECK, what's next???

**SHOPPING** – write a shopping list of all the things you need for your meal plan. Head to the grocery store and stock up. Buy everything for the week ahead. Don't buy anything that is not on that shopping list. Yes that means no timtam's, yes I know they are on special but they are not on the list, so the answer is no! Great, done the shopping, next step???

**PREPARING** – Here comes the big moment, the moment that will change your life. It is time to begin... MEAL PREP!!! Assign some time on Sunday afternoon, a couple of hours should do it. Look what you have planned for the first 3 days of the week and get prepping. On Wednesday, another hour should top up Thursday and Friday's food. Prep food, place into containers, place in the fridge or freezer and there you have it, meal prep is done. Now you can wake up on Monday morning, grab the food you have made, and now there is no need to wander off to subway for lunch or dig into the cookie jar for afternoon tea. Your food is right there, ready for you to eat, and so is Tuesday and Wednesday, no extra work needed.

So there you have it, meal prep 101. It is not rocket science, it does however take a little bit of time, planning and a good routine. Once you have this in a weekly routine, you will save time during the week, you will cheat less on your healthy balanced diet, and you will love how easy it actually can be. So now it is your turn, give it a go this weekend. Good Luck!!!