

## Preparing Meals and Snacks for the Week

### Putting away groceries

To stay on top of weekly meal preparation, start as soon as you walk in the door with groceries. Some simple preparation right from the start can save time later on in the week

- Wash all produce before putting it away so it's easy to grab and go throughout the week
- Chop fresh vegetables like celery, peppers, and carrots keep in a large container or portion into bags for lunches and snacks
- Pre-portion yogurt, hummus, or cottage cheese from large containers
- Pre-package individual servings of almonds, trail mix, or high fibre cereal for the week ahead

### Cooking for the week ahead

- Grill a large batch of chicken, salmon or vegetables and keep in the fridge ready to go for salads, wraps or sandwiches
- Hard boil eggs for snacks, salads or sandwiches
- Cook a box of Quinoa for side dishes, salads or a quick snack
  - Add fresh vegetables and tuna or beans for extra protein and fibre
- Make a bean salad and portion for snacks and lunches
  - Drain a can or two of beans, add fresh vegetables, herbs, balsamic vinegar and olive oil
- Plan to make leftovers
  - Make a double batch of soup, chili or your favorite pasta sauce and freeze in individual portions
  - Cook an extra piece of chicken or fish at dinner for lunch the next day
- Keep frozen fruit and vegetables on hand
  - Frozen vegetables are an easy side dish or addition to a weeknight pasta dish or casserole
  - Frozen fruit is great for topping yogurt, cereal or for a quick snack

### Staying on track

- Keep a list of snack foods you have on hand on the fridge as a reminder of easy, healthy options
- Anticipate meals or days that you know will be challenging and make a plan of action (e.g. if you know you will be going out for dinner, look up the nutrition information ahead of time and choose a healthy option that fits your meal plan goals)
- If you have a fridge at work, keep quick meals and snacks ready to go to avoid the temptation of treats at the office or dining out at lunchtime
  - Bring in multiple servings of chili, chicken salad or bean salad for the week
  - Every Monday bring enough fresh cut vegetables to last for the week for snacks
  - Pre-portioned low fat cheese, milk or yogurt
  - Keep a frozen entrée in the freezer for emergencies (there are many low-fat, calorie reduced options available)
  - Keep a box of fibre bars, portioned high fibre cereal, trail mix or almonds in your desk drawer