



## Food Prep and Pre-Planning Meals

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One of the simplest ways to stay on track with your meal plan is simply by being prepared and organized. This can be achieved by including a few food prep days into your schedule. Food prep days play a major role when it comes to maintaining a healthy lifestyle. Here are a few tips to help you get kick started:

1) First things first **grocery shopping** (here is a simple list that you can initially follow):

**Grains:** Quinoa, Barely, Oatmeal, wild rice

**Proteins:** Chicken, Fish, Turkey, eggs

**Vegetables:** Cauliflower, leafy greens, bell peppers, onions, cucumber, carrots, celery, green beans, asparagus, sweet potato, broccoli, brussel sprouts.

**Legumes:** black beans, adzuki beans, lentils, chick peas.

**Fruits:** berries, apples, pears,

**Snacks:** assortment of nuts, nut butter, seeds (flax, pumpkin, chia seed pudding) dried fruits (prunes, dates), Vegetable dips (hummus, baba ganoush, tzatziki)

**Dairy Alternatives:** coconut milk, almond milk, soy milk.

\*\*Tupper wear, zip lock baggies and mason jars

2) Choose a few days out your week that work for you to cook a few simple healthy meals– pre-portion and prepackage them in Tupperware containers. Store them in the fridge so they are ready to go!

3) Simple meals include: stir fries, soups, healthy chilly, vegetable stews, bean salads, grilling/ roasting chicken, steaming/roasting vegetables.

4) Prepare your own snacks (ie. homemade high fiber muffins, protein bars, trail mix, chia pudding, and Greek yogurt parfaits). This will benefit you as you can control the ingredients you choose. This will enable you to avoid excess sugars and preservatives which most conventional products use. You can ask your BE to provide you with a recipe handout.

(**Tip:** you can make a bunch at once, and freeze them)

