



## Meal Prep Ideas

### Reasons to Meal Prep:

- You will control the portions.
- You will save money.
- You will eliminate surprises and hidden calories.
- You will notice that your days are easier and simplified.
- You will establish a healthier relationship with food.
- You feel better about what you are eating because it is more intentional.



### Food Groups to Meal Prep

- Chicken / rotisserie chicken (bake/broil/grill and cut up)
- Ham (bake/smoke and cut up)
- Hamburger (grilled and portioned out)
- Fish (grilled/baked and cut up)
- Vegetable (fresh or roasted) Including Okra, cauliflower, broccoli, carrots, celery) - spray olive oil, bake 400 for 20-30 minutes
- Fruit (strawberries, grapes, blueberries, apples)
- Salads - spinach, lettuce, tomatoes, green peppers
- Homemade Dressing
- Cheese/cheese cubes
- Overnight Oats
- Breakfast smoothies (portion fruits and put in zip lock bag)

May use meal prep containers or zip lock bags.

Some of these things can be placed in the refrigerator or freezer.