

Meal Prep Hacks

Commit to eating well
with these tips



01



02

Talk with your family.

Know their favorite meals and
dishes they are keen to try.





Research healthy recipes.

Intentionally insert dishes made with vegetables, fruits, and grains.



Make meal planning exciting.

Try out Meatless Mondays, Taco Thursdays, or Fried Chicken Fridays so your family has food traditions to look forward to.

This makes meal planning easier to predict too.



05

Start small.

Whipping up dinners good for 2 to 3 days a week should be a good place to begin meal prep at home.





Dedicate days in the week for meal prep.

Identify the day for planning the menu, shopping for ingredients, and for cooking.





Stock up on
staple
ingredients.

This makes food shopping less frequent and a lot cheaper too.



08

Automate breakfast.

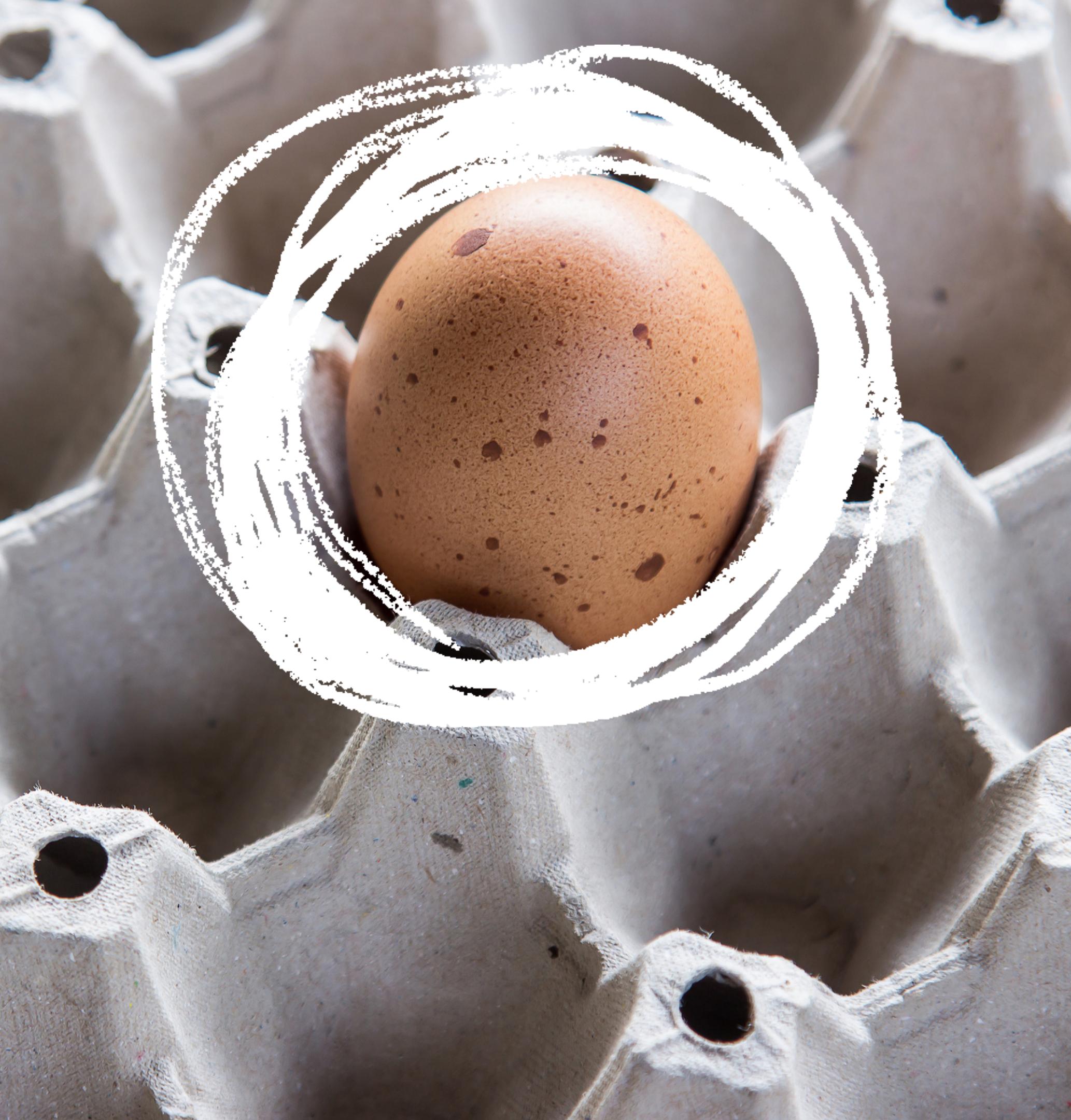
Overnight oats, cereals, fruits, and granola are no-stress breakfast ideas you can incorporate on a daily basis.



09

Have enough containers.

Keep food by portion size while following proper storage to prevent spoilage.



The secret sauce
of healthier food
choices is in meal
planning.

Get into the habit!

