



**BEST OF**

**MEAL PREP**

# MEAL PREP AT A GLANCE

## BENEFITS

.....  
Spend less time cooking.  
Lower your grocery and dining out expenses.  
Enjoy more homecooked meals.  
Save time, money, and energy.



## CHOOSE A DAY

.....  
Sunday is a common meal prep day for only once-a-week prep.  
Choose a day 3-4 days later if you plan to meal prep twice-a-week.  
Ex.: Sun/Wed



## MENU & SHOPPING

.....  
Plan your menu for the week ahead of time.  
Purchase foods in bulk to save money.  
Seek out specialty grocery stores for even better deals.



## KITCHEN TOOLS

.....  
Batch cooking requires pots, pans, and trays.  
Use meal prep containers to store food.  
Other tools include pressure and rice cookers, food scales, etc.



## COOK & STORE

.....  
Chop, cut, mix and prep raw ingredients first.  
Cook dishes that take longer first.  
Allow meals to cool before storing.  
Know your food safety.

# Beginners In The United States Complete Beginner Guide To Meal Prepping

**JS Bruner**



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Holmes (the founder of the Science of Mind) in your email every day?