



MEAL PREP

A GUIDE FOR BUSY ADULTS

Meal prepping is a fantastic way to save time, eat healthier, and reduce stress during your busy week. It involves preparing whole meals or dishes ahead of schedule. It’s particularly helpful for busy adults juggling work, kids, and various other responsibilities. Plus, it’s a great activity to include your children in, making it a fun and educational family experience!

KEY ELEMENTS OF MEAL PREPPING

- **Planning:** Start by planning your meals for the week. Follow those Anti-inflammatory diet food plans and create balanced meals that align with your family’s taste preferences. This is a great place to include the kids! Let them pick out a recipe to not only include them but make sure it’s something they will want to eat when hangry after school, sports, dance, band, etc.
- **Shopping:** Make a shopping list based on your meal plan. Focus on buying whole, unprocessed foods.
- **Prepping:** Set aside a few hours during the weekend to prepare and cook your meals. You can cook entire recipes or just prep parts of meals to speed up the daily process.
- **Storing:** Store your prepped meals or ingredients in containers. Label them with the date and contents for easy access during the week.

TIPS FOR SUCCESSFUL MEAL PREPPING

- **Keep It Simple:** Start with recipes that are simple and familiar.
- **Batch Cooking:** Cook in large quantities to have multiple meals ready.
- **Versatile Ingredients:** Choose ingredients that can be used in multiple recipes.
- **Involve Kids:** Engage your children in the process. It’s fun and educational for them!

BENEFITS OF MEAL PREPPING

- ✓ **Saves Time:** Reduces daily cooking time.
- ✓ **Healthy Eating:** Encourages eating home-cooked, nutritious meals.
- ✓ **Budget-Friendly:** Cuts down on eating out.
- ✓ **Stress Reduction:** Eliminates the daily “What’s for dinner?” question.

Meal prepping is a practical, enjoyable way to ensure you and your family eat healthy meals throughout the week. It can be a bonding activity with your kids, teaching them valuable life skills. Remember, the key is to start simple and gradually make meal prepping a part of your weekly routine!

Notes

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