

No-Cook Meal Prep

This playbook outlines the process for preparing meals without the need for cooking. It's designed for those looking to save time or avoid using heat on hot days.

Step 1: **Plan Meals**

Decide on the number of meals you need and the variety you prefer. Consider dietary restrictions and ensure there is a balance of protein, carbs, and fats.

Step 2: **Gather Ingredients**

Purchase fresh produce, canned goods, deli items, and other necessary ingredients that can be eaten raw or do not require cooking.

Step 3: **Prep Ingredients**

Wash and chop fruits and vegetables. Drain and rinse canned items. Portion out any deli meats, cheeses, and other perishables.

Step 4: **Assemble Meals**

Combine the ingredients in meal containers. Include a variety of items in each meal to keep them nutritionally balanced and interesting.

Step 5: **Store Meals**

Place the meal containers in the refrigerator. Organize them in a way that makes it easy to grab a meal when needed.

General Notes

Freshness

Consume perishable items like fruits and vegetables within the first few days after prep to ensure freshness.

Containers

Use airtight containers to keep food fresh and to avoid any leakage or odor exchange in the refrigerator.

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