

# Meal Prep for Busy Individuals

This playbook provides a step-by-step guide for busy individuals to prepare healthy and convenient meals in advance. It outlines the process from planning meals to storing them, aiming to streamline the meal preparation process.

## Step 1: **Planning**

Decide on the number of meals you need, dietary restrictions, and preferences. Outline your meals for the week and create a grocery shopping list based on these meals.

## Step 2: **Shopping**

Purchase all the necessary ingredients from your list at the grocery store. Buying in bulk can save time and money, but ensure you have enough storage space.

## Step 3: **Preparation**

Wash, chop, and prepare all your ingredients. Cook any grains, proteins, and vegetables that will be part of your meals.

## Step 4: **Cooking**

Cook your meals according to your planned recipes. You can cook in batches to save time. Keep flavors neutral if you plan to use the ingredients in multiple recipes.

## Step 5: **Cooling**

Allow the meals to cool to room temperature to prevent condensation and bacterial growth when stored.

## Step 6: **Portioning**

Divide the meals into single serving containers. This makes it easy to grab a meal when needed and helps with portion control.

## Step 7: **Storing**

Label your meals with the date and contents. Store them in the refrigerator or freezer depending on how soon you will eat them.

# **General Notes**

## **Container Choice**

Consider the use of BPA-free, microwave-safe containers for health and convenience.

## **Food Safety**

Always cool hot food before refrigerating. Use refrigerated meals within 3-4 days and frozen meals within 2-3 months to ensure safety and quality.