# Healthy Meal Prep Playbook

This playbook describes the process of preparing a variety of healthy meals in advance for the week. The goal is to facilitate easy access to nutritious food that aligns with health and fitness goals.

### Step 1: Recipe Selection

Choose a variety of healthy recipes that meet your dietary needs and preferences. Consider recipes that have a good balance of protein, carbs, and fats, and that are high in nutrients.

### Step 2: Grocery Shopping

Create a shopping list based on the selected recipes. Purchase all the necessary ingredients, ensuring they are fresh and high in quality.

### Step 3: Ingredient Prep

Wash, chop, marinate, and perform any other preparation for all the ingredients ahead of time. This can include cutting vegetables, cooking grains, or seasoning meats.

### Step 4: Cooking

Cook the recipes as per the instructions, making sure to keep an eye on portion sizes. If any meals are meant to be eaten cold, ensure they cool down before storing.

### Step 5: Portioning

Divide the cooked food into individual portion sizes. Use meal prep containers to help keep the portions separate and to make it easy to grab a meal on the go.

### Step 6: Storage

Label the meal prep containers with the name of the dish and the date prepared. Store the meals in the refrigerator or freezer, depending on how soon you plan to eat them.

### Step 7: Reheating

If necessary, reheat the meals in the microwave, oven, or on the stovetop. Follow safe reheating procedures to ensure food is heated to the proper temperature for consumption.

## General Notes

### Nutrition Balance

When selecting recipes, aim for a mix of macronutrients and a variety of colors on your plate, which reflects a range of nutrients.

### Food Safety

Always cool hot foods before refrigerating to prevent bacterial growth. Follow the 'two-hour rule' for leaving items out of the fridge.