# Nutrient-Dense Meal Prep

This playbook outlines the steps necessary to prepare meals that are rich in nutrients. The process emphasizes the importance of including a variety of healthy foods to ensure a balanced diet.

### Step 1: Planning

Research and plan your meals for the week, focusing on including a diverse range of nutrients. Consider all food groups and aim for balance. Make a comprehensive shopping list including vegetables, fruits, lean proteins, whole grains, and healthy fats.

### Step 2: Shopping

Go grocery shopping for the items on your list. Opt for whole, unprocessed foods when possible, and be wary of foods with added sugars or unhealthy fats.

### Step 3: Preparation

Wash and prepare your ingredients. Chop vegetables, marinate proteins, and portion out any grains or legumes. This will simplify the cooking process.

### Step 4: Cooking

Cook large batches of meals that can be easily refrigerated or frozen. Focus on cooking methods that preserve nutrient content, such as steaming or grilling. Avoid overcooking to prevent nutrient loss.

### Step 5: Storage

Properly store your meals in containers that are refrigerator- or freezer-safe. Label them with the date of preparation for easy tracking. Aim to consume refrigerated meals within a few days and frozen meals within a few months.

### Step 6: Scheduling

Schedule your meals throughout the week to ensure variety in your diet each day. Rotate through different combinations of proteins, vegetables, and grains to keep your meals interesting and nutritionally diverse.

## General Notes

### Vitamins Preservation

Be mindful of vitamin loss during cooking. Water-soluble vitamins, such as vitamin C and B-vitamins, are particularly susceptible to being lost in cooking water and during high-heat cooking methods.

### Seasonal Choices

When possible, choose seasonal and locally sourced produce as they are often more nutrient-dense and environmentally sustainable.

### Healthy Fats

Include sources of healthy fats, such as avocados, nuts, seeds, and olive oil, to help with the absorption of fat-soluble vitamins.