

NUMBER ONE MEAL PREP TIPS TO HEALTHY EATING



Among all that daily life-dramas, there is nothing more satisfying than getting ready for the week knowing that you have your whole meal-plan covered for the week. Getting your eating plan ready for the week is an amazing feeling, as stressing on what to eat each day can be draining and frustrating.

A well-sorted meal-plan is simply a wonderful way to improve health and well-being. It not only improves your health and eating habits but also helps in levelling up your fitness and overall well-being, both physically and mentally.

A healthy meal plan for the week, not only improve your health and mood by saving you that guesswork on an everyday meal but also saves in quite a lot of your time and money. Here are some pro meal prep hacks and secrets to help you sail smoothly through your healthy eating.

1. START BY SHOPPING SMARTLY

Strolling aimlessly through grocery store's aisles, spending lots of hours and getting home with all this and that is something which most of us have done at least once in a while.

Going grocery shopping without a proper list or plan is the fastest way to ruin your fitness plan. Most of us hit the grocery stores when our fridges are empty or out of food stocks. Since we are all drained and hungry most of the time, aimless grocery shopping can lead to unhealthy choices and sometimes instant regret, especially if you are into a specific diet. All those fresh things this and that in the store are meant to appeal to you so that you buy them, and there is nothing wrong in that, just make sure to plan your shopping list and get what you rather than filling your cart with bad choices. Smart shopping is a perfect start towards a successful meal –plan for healthy living.



Quick tips :

- *Plan out your week ahead.*

From all your snacks to meals, plan your eating plan for the week ahead and keep it small and simple. Prep in some extra vegetables or stock in some proteins like eggs or chicken to whip up some easy meal options, instead of going for a different lunch each day. This is a great way to save time and stress on a 5 days meal plan, just start small and simple, go for what works best for you.

- *Order online.*

This is the safest and easiest method to save yourself that time and money on bad groceries. Just choose your favourite service, place in your order and you have all that you need for your healthy eating at your doorsteps.

- *Create a grocery calendar.*

Set in a meal calendar or grocery calendar, to help you prep in your food shopping and meal-prep. Keep a track and stick to it to ensure a perfect efficient meal plan.

2. KEEP IT READY TO USE.

Right when you unload your grocery items, wash it immediately and set it ready to use in your recipes. This 20-30 minute immediate preparation and setting it ready use, makes your meal –preparation process easy, as you can quickly grab in the ingredients you need and add it directly to your recipes without much stretch.



Quick tips :

- *Sort and organise.*

Once home, unload your groceries and wash them immediately. After that sort and store them in different clean containers. Example: You can chop in different types of vegetables in different ways (chopped/sliced) and store in the container for later use.

- *Organise your refrigerator to save space.*

To save space in your fridge, wash and cut the vegetables /leaves and store in a single container and keep it organised. You can measure in your portion as per your need and save the leftovers for later. You can also pre-portion your chopped veggies in advance to grab in that quick veggie snack box to work.

- *Add in the flavours and double up your sauces.*

To save in more time, you can also prep you sauces, marinades, dressings and spice mix beforehand and also try making some extra sauces or dressing which can be used for more than one meal during your week.

3. COOK BATCHES OF WHOLE GRAINS.

Whole grains like quinoa or brown rice, in general, takes around 20-45 minutes to get ready, so why not go the smart way and cook them in batches to store in the fridge for later. This smart hack will not save in your time but also helps you with easy portioning as per your recipes. And not just that, the cooked, cooled and reheated rice will have resistant starch that helps with gut health.



Quick tips :

- *Cook in advance and cool it in the fridge.*

Instead of going for 20-45 minute of time stretch for your every meal-prep, cook those whole grains ahead and store it in a clean airtight container in the fridge. It will stay fresh for the entire week.

- *Double up the quantity.*

As per portions you are using, double up the grains you need for breakfast, lunch and dinner.

Remember, when it comes getting fit and healthy, food is the key. No matter what diet or regime you follow, planning is the number one way to ensure the smooth ride on your road of healthy eating.

Thank You

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