Welcome to Meal Prep 101 - our step by step guide to prepping like a pro. So, roll up your sleeves and let’s get prepping!

**MEAL PREP 101 – PAGE 2**
- WHAT ARE THE BENEFITS OF MEAL PREP?
- HOW LONG WILL IT TAKE TO PLAN FOR A FULL WEEK?
- WHAT KITCHEN EQUIPMENT DO I NEED?

**SERVING SIZE – PAGE 5**
- HOW MANY FRUITS AND VEGGIES SHOULD I EAT DAILY?
- AM I GETTING ENOUGH PROTEIN?
- STARCH - FRIEND OR FOE?
- HOW MUCH FAT IS TOO MUCH?
- HOW MUCH DAIRY DO I ACTUALLY NEED?

**COOKING METHODS – PAGE 10**
- A STEP BY STEP GUIDE
- WHICH FOODS SHOULD I STEAM, GRILL, BAKE, ETC?

**MEAL PREP PROCESS – PAGE 12**
- WEEKLY PLANNING
- SHOPPING LIST
- RECIPES
Benefits of meal prep

Lack of preparation is a barrier to healthy living. Unhealthy impulse eating can be avoided when your meals are prepared ahead of time. Meal prepping is the way to begin working toward your health goals.

SAVE TIME
Get ahead of the game and set aside time to prepare for the week. You can meal prep for one day or seven. When you cook in bulk and prepare your meals, you will save time and stress less about your food choices during the busy week. You will even sleep better knowing you’re prepared!

SAVE MONEY
It’s no surprise that preparing meals at home is cheaper than going out to eat. To be clear, it’s close to 50% cheaper.

SAVE CALORIES
By preparing your own meals and snacks, you’re less likely to wander to the vending machine. Meal prepping ensures proper portion sizes; no excess calories here.
MEAL PREP 101

Time commitment

We know what you’re thinking, “I don’t have enough time to plan my meals for the week”. Meal prep can take anywhere from 1-4 hours, depending how many meals you plan for. So, let’s talk about how to make the most of your time in the kitchen.

✓ GET ORGANIZED
Map our your menu before you start cooking. Think about what meals you want to prepare and the ingredients you need to make it happen.

✓ MAKE A PLAN
Pick one day of the week to prepare your meals and snacks. Setting aside 2-4 hours to cook will save precious time in your week.

✓ USE YOUR ENTIRE KITCHEN
You have the equipment, put it to work! Use your oven to bake protein such as chicken, turkey and fish. At the same time, use your range to hard boil eggs, prep whole grains, and steam veggies.

✓ MULTI-TASK
While your food is cooking, use the extra time to chop veggies, portion out dressing/sauces, and prepare food in other cooking equipment such as a food processor, blender, slow cooker and air fryer.

✓ KEEP IT CLEAN
Clean up as you go. Don’t let your dirty dishes pile up; it will slow down the process.

✓ RECRUIT A FRIEND
Who ever said you’re required to meal prep alone? Cooking with someone who enjoys similar foods will quickly turn your afternoon of prep into a party. Plus, a second set of hands in the kitchen is a definite time saver.
# Must have kitchen gadgets

<table>
<thead>
<tr>
<th>KITCHEN TOOL</th>
<th>PURPOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIGITAL FOOD SCALE</td>
<td>The most important tool in your kitchen! A reliable food scale helps you to control portions and serving sizes.</td>
</tr>
<tr>
<td>WET AND DRY MEASURING CUPS</td>
<td>These little cups and spoons are just as important as your new food scale. Portioning is key!</td>
</tr>
<tr>
<td>KNIFE SET</td>
<td>Using dull knives is frustrating and dangerous. If you don't want to splurge on a full set, we recommend picking up a chef and paring knife.</td>
</tr>
<tr>
<td>SLOW COOKER</td>
<td>This gadget can cook an entire meal with minimal effort. If you're busy, this tool is a life saver!</td>
</tr>
<tr>
<td>BLENDER/FOOD PROCESSOR</td>
<td>Easy way to mix wet or dry ingredients. This tool is also great for chopping veggies + fruits.</td>
</tr>
<tr>
<td>VEGETABLE AND FRUIT PEELER</td>
<td>This little tool makes peeling carrots, potatoes, or even apples much easier.</td>
</tr>
<tr>
<td>CUTTING BOARDS</td>
<td>Use separate, color-coded plastic cutting boards for different ingredients to prevent cross-contamination. Wooden cutting boards are porous, increasing the change of spread harmful bacteria.</td>
</tr>
<tr>
<td>THERMOMETER</td>
<td>Nothing ruins a dinner party like under cooked meat. A digital thermometer is always best.</td>
</tr>
<tr>
<td>CAST IRON SKILLET</td>
<td>A cast iron skillet can move from stove top to oven seamlessly. This reduces clean up time.</td>
</tr>
<tr>
<td>GLASS CONTAINERS</td>
<td>Glass bowls are easier to clean than plastic and can be safely microwaved.</td>
</tr>
</tbody>
</table>
SERVING SIZE

Produce portions

We know it can be difficult to eat enough fruit and vegetables. Eating your target goal of 5 servings per day can seem exhausting. With a little planning, you’re one step closer to hitting these goals!

RECOMMENDED DAILY SERVINGS

VEGETABLES
2.5 – 3 servings/day
What constitutes 1 serving size?
6oz raw, 4oz cooked

FRUIT
1.5 – 2 servings/day
What constitutes 1 serving size?
1 cup, 1 medium sized fruit

MEAL PREP TIPS
• Plan for 1 or more servings of vegetables at lunch and dinner every day.
• Eat 1 serving of fruit in between meals or as a late night snack to satisfy a sweet craving.
• Aim for 25 total servings of fruits and vegetables Monday through Friday.

PRODUCE TIPS
• The color of your food can tell you a great deal about its nutritional value. The key here is to note that certain colors of food indicate an abundance of specific nutrients. When in doubt, eat the rainbow!
• The fiber in fruits and vegetables helps reduce bad cholesterol in your blood, and supports normal bowel function. Fiber also aids in satiety, reducing unnecessary caloric intake.
• Look for a locally grown logo when purchasing produce to identify locally sourced products.
SERVING SIZE

Protein portions

Your body uses protein to build and repair tissues. You also use protein to produce enzymes, hormones and other bodily chemicals. Protein is an important building block of bones, muscles, cartilage, skin and blood.

RECOMMENDED DAILY SERVINGS

What constitutes 1 serving size?
4 oz-6 oz of animal protein
1 cup lentils, beans, legumes
4 oz tofu, tempeh

How much protein do I need?
body weight (in pounds) x .36 = grams of daily protein needs

MEAL PREP TIPS

• Choose 2-3 protein options per week to buy in bulk and batch cook.
• Look for “Bonus Packs” in store for cheaper prices.
• Use prepared proteins in multiple ways. For example, you can use grilled chicken as a main course, protein to top a salad or shredded for tacos.

PROTEIN TIPS

• Know where your protein is coming from. Investigate where and how the animals were raised – think “no cages, crates, and no crowding”.
• Choose lean meats like chicken, fish and eggs. Trim off excess fat.
• Choose fresh fish and skip the farm raised fish, as they may lose their omega-3 benefit due to poor food quality and infection.
• Aim to consume red meat 1x/week or less.
Starch portions

High quality starches are a healthy, integral part of your diet. Starch fuels our brain and body to accomplish daily activities. It’s important to remember that quality is just as important as quantity.

RECOMMENDED DAILY SERVINGS

What constitutes 1 serving size?
½ cup cooked grains, starchy vegetables, pasta, cereal, 1 slice bread

How much starch do I need?
Starch needs vary based on activity level. If you exercise 4-5 times per week, be sure to eat 4+ starches daily.

MEAL PREP TIPS
• Prepare in bulk to save time and money.
• Cook grains in low sodium chicken broth to add flavor.
• Freeze extra grains for later use.

STARCH TIPS
• Space starch out evenly throughout the day to stabilize glucose levels.
• Avoid simple carbohydrates. These foods include white flour starches (bread, pasta, rice), fruit juice and sweets. Simple carbohydrates are more likely to spike blood sugar.
• Choose whole grains, beans, legumes and starchy vegetables instead of refined processed starches.
• When possible, aim for >3g of fiber per starch serving.
• Be sure to eat starch before exercising to provide energy.
Fat portions

Fats are one of the three major macronutrients, along with carbohydrates and protein. Of the three, fat is the most calorically dense. Fats play a key role in brain development, prevent against injury and provide the energy our bodies need.

RECOMMENDED DAILY SERVINGS

What constitutes 1 serving size?

- 5g of fat
- 1 Tbsp oil/seeds
- ¼ cup of nuts

FAT

4 - 6 servings/day

MEAL PREP TIPS

- Add fats when cooking - think clear oils, olive, avocado.
- Add healthy fats to smoothies - ground flax, chia, hemp.
- Bring nuts as an easy on the go snack.

FAT TIPS

- Saturated fats are known as the “bad” fats, while unsaturated fats are known as the “good” or “healthy” fats.
- Unsaturated, “good” fats include almonds, hazelnuts, avocados, fish, seeds and oils.
- Saturated, “bad” fat include pizza, processed meat (sausage, bacon, hamburgers) cheese, butter. These types of fats should be limited.
Dairy portions

Foods in the dairy group provide nutrients that are vital for health and maintenance of your body. Nutrients such as calcium, potassium, Vitamin D and protein promote improved bone health.

RECOMMENDED DAILY SERVINGS

What constitutes 1 serving size?
- 1 cup milk
- 1 oz. cheese
- 6 oz. yogurt

DAIRY
1 - 2 servings/day

MEAL PREP TIPS
- Purchase yogurt in bulk instead of individual containers and measure out portions to save money.
- Try swapping out animal milk for plant based milks, like almond or soy, to reduce saturated fat and caloric intake.

DAIRY TIPS
- Always choose a yogurt with less than 10g of sugar per serving.
- Choose skim or 1% milk instead of 2% milk to reduce total saturated fat intake.
A step by step guide

Whether you choose to bake, roast, sauté or steam your food – we’ve got you covered. Batch cooking is our go-to meal prep method.

✓ SELECT YOUR FOODS
Each week, select 1-2 protein, starch and vegetable options to mix and match to create your meals.

✓ SPICE IT UP
Good bye boring salt and pepper. Hello no-salt seasoning blends, herbs & spices!

<table>
<thead>
<tr>
<th>Seasoning Blends</th>
<th>Flavorful Sauces</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon, pepper, garlic</td>
<td>Salsa</td>
</tr>
<tr>
<td>Cumin, pepper</td>
<td>Pesto</td>
</tr>
<tr>
<td>Soy sauce, garlic, chili paste</td>
<td>BBQ Sauce</td>
</tr>
<tr>
<td>Chili powder, onion, garlic</td>
<td>Mustard</td>
</tr>
<tr>
<td>Fresh rosemary, pepper</td>
<td>Balsamic Vinegar</td>
</tr>
<tr>
<td>Lime, cayenne pepper</td>
<td>Teriyaki Sauce</td>
</tr>
</tbody>
</table>

✓ GRAB YOUR APRON
Standard methods of cooking include baking, roasting, sautéing and steaming. Cooking multiple items at one time will save on time.

✓ ASSEMBLE YOUR MEALS
Use measuring cups and a food scale to focus on proper portion control. Each meal should include a protein food, starch and vegetable.

✓ SAFETY IS KEY
Let hot items cool for at least 30 minutes before refrigerating. Most cooked foods will last for 4-5 days if well sealed and stored at the correct temperature.

✓ DON’T BE WASTEFUL
Freeze leftover food items that cannot be consumed during time of optimum freshness.
Cooking methods

Whether you choose to bake, roast, sauté or steam your food – we’ve got you covered. Batch cooking is our go-to meal prep method.

ROAST + BAKE
Roasting in the oven is our go-to recommendation when it comes to making food in bulk. Most protein and vegetables can be roasted together or separately at 350 degrees Fahrenheit. Cook for 30 minutes, then check every 10 minutes until cooked through. Chicken should be cooked to 165 degrees but vegetables can be cooked to your liking. See below for a full list of easily baked and roasted foods.

<table>
<thead>
<tr>
<th>Chicken</th>
<th>Turnips</th>
<th>Onions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>Beets</td>
<td>Peppers</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>Brussels sprouts</td>
<td>Mushrooms</td>
</tr>
<tr>
<td>Potato</td>
<td>Eggplant</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cabbage</td>
<td>Garlic</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>Squashes</td>
<td>Frittatas</td>
</tr>
</tbody>
</table>

SAUTE
Sautéed foods are cooked in a thin layer of fat over medium-high heat, usually in a frying pan. Be sure to choose an oil with a high smoke point such as avocado oil to avoid potential free radicals. Mushrooms, onions and peppers all taste great sautéed!

STEAM
Steaming veggies is a great option to maximize the food's nutrient value. The steam cooks vegetables without touching the water. This ensures the nutrients won't leak into the water.
Weekly Planning

OK – we’ve reviewed the benefits of meal prepping, proper portion sizes and cooking methods. It’s time to put it all together!

**CREATE A WEEKLY PLAN**

- Think about what your week looks like – work events, meals out, travel?
- Determine the number of meals you will need to make ahead of time.
- When planning your week, choose 1-2 protein options, 1-2 starchy foods, 3 types of fruit, a variety of vegetables (fresh and frozen) and quick heart healthy fats.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1-2 starch</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>protein</td>
<td>dairy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>protein</td>
<td>veggie</td>
<td>1-2 starch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td>fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>protein</td>
<td>veggie</td>
<td>1-2 starch</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>fat</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The total number of calories a person needs each day varies depending on a number of factors, including the person’s age, sex, height, weight, and level of physical activity. Estimates range from 1,600 to 2,400 calories per day for adult women and 2,000 to 3,000 calories per day for adult men. Within each age and sex category, the low end of the range is for sedentary individuals; the high end of the range is for active individuals. These are only estimates, and approximations of individual calorie needs can be aided with online tools such as those available at [www.supertracker.usda.gov](http://www.supertracker.usda.gov).
MEAL PREP PROCESS

Shopping List

Most of your shopping should take place on the perimeter of the store, with the exception of grains, which are often found in middle aisles.

### Protein – Pick 2-3 per week
- Eggs – free range if possible
- Liquid egg whites
- Chicken breast
- 95-98% ground turkey
- Fish – wild caught if possible (salmon, tuna, tilapia, halibut)
- Pork tenderloin
- Tofu – extra firm
- Lentils/Legumes/Beans

### Fruit & Vegetables
- **Fruit: 2 servings per day**
  - (10 servings M-F)
- **Vegetables: 2.5-3 1 cup servings per day**
  - (12-15 servings / 80 oz. M-F)

### Dairy
- Non-fat yogurt - Siggi’s, Fage
- Low-fat cheese
- Reduced fat milk – 1 or 2%
- Nut Milk – Silk Protein & Nutmilk, Dream Boosted Original Almond Beverage
- Reduced fat cottage/ricotta cheese

### Starch
- Whole wheat bread – Dave’s Killer Bread, Alvarado Street Bakery, or any 100% whole wheat brand
- Whole wheat Flatbread or tortillas
- Brown rice
- Quinoa, farro, teff
- Sweet or white potato
- Corn & peas
- Steel cut oats – Bob’s Red Mill

### Fats
- Unsalted nuts – almonds, cashews, walnuts, pecans, pistachios
- Nut butter – Justin’s, Crazy Richard’s
- Canola oil, olive oil
- Avocado

### Protein
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

### Fruit & Vegetable
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

### Dairy
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

### Starch
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________

### Fat
- __________________________
- __________________________
- __________________________
- __________________________
- __________________________
Meal prepping is a great way to try new recipes. To keep things simple, start with a few recipes and then customize them to your preference. Happy cooking!

BLACKENED CHICKEN BURRITO BOWL

SERVING SIZE: 1 BOWL
SERVINGS PER RECIPE: 1
ONPOINT CONVERSION: 1 protein, 2 vegetable, 2 starch, 2 fat

INGREDIENTS
- 4/6 oz. chicken breast
- 1/2 cup cooked brown rice
- 1/2 cup black beans, rinsed
- 1 cup sliced peppers (any color)
- 1 cup sliced red onion
- 2 tsp. olive oil
- ½ cup pico de gallo (or salsa)
- ¼ avocado
- 1 tbsp. cilantro
- 1 cup shredded lettuce
- 1 lime
- 1 tbsp. Mexican/taco seasoning
- Salt and pepper

INSTRUCTIONS
1. Preheat oven to 400F.
2. Line large baking sheet with foil. Place chicken and vegetables on baking sheet and drizzle with 2 tsp. olive oil. Sprinkle taco/Mexican seasoning evenly on both sides of chicken. Lightly salt and pepper the onions and peppers. Bake in preheated oven for 25 minutes.
3. In a medium bowl, combine ½ cup cooked brown rice, ½ cup black beans, juice from 1 lime and 1 tbsp. cilantro.
4. Once chicken is done, remove from oven and slice or shred chicken.
5. To assemble bowl, put rice and bean mixture on bottom. Top with chicken, pico de gallo, shredded lettuce and avocado.
**Grilled Vegetable Skewers**

**SERVING SIZE:** 1 SKEWER  
**SERVINGS PER RECIPE:** 4  
**ONPOINT CONVERSION:** 1 vegetable, 1 fat

**INGREDIENTS**
- Any combination of peppers, zucchini, mushrooms, onions or eggplant
- 1 tsp. canola oil
- Spices

**INSTRUCTIONS**
1. Drizzle vegetables with canola oil and spices
2. Place all ingredients on skewers, evenly spaced
3. Grill on medium for 10 minutes each side
4. Let cook, serve with protein and enjoy!

---

**Cucumber Tomato Salad**

**SERVING SIZE:** 1 cup  
**SERVINGS PER RECIPE:** approximately 4  
**ONPOINT CONVERSION:** 1 vegetable, 1 fat

**INGREDIENTS**
- 3 medium cucumbers  
- 1 pint tomatoes (any size)  
- 1 tbsp. EVOO  
- 2 tbsp. apple cider vinegar  
- Juice of half a lemon  
- 1 dash garlic powder  
- 1 dash onion powder  
- Salt & pepper to taste  
- Toppings: feta cheese, chickpeas, peppers, onion, herbs

**INSTRUCTIONS**
1. Cut cucumbers into fourths, then into quarter inch pieces  
2. Cut tomatoes into quarter inch pieces  
3. Combine all ingredients into a bowl  
4. Refrigerate for at least 2 hours before eating, consume within 3 days

---

**Apple Walnut Salad**

**SERVING SIZE:** 1 ½ cup  
**SERVINGS PER RECIPE:** makes 4 servings  
**ONPOINT CONVERSION:** 1 protein, 1 fruit, 1 fat

**INGREDIENTS**
- 1lb boneless skinless chicken breast, cooked, chilled, and diced  
- 1 ¼ cup chopped apples  
- 1/3 cup chopped walnuts  
- 1/3 cup unsweetened dried cranberries  
- ½ cup plain fat free Greek yogurt  
- 2 tablespoons light mayonnaise  
- 1 tablespoon red wine vinegar  
- 2 tsp rosemary  
- 1 tsp Dijon mustard  
- ½ tsp honey  
- ½ tsp onion powder

**INSTRUCTIONS**
1. Mix together yogurt, mayonnaise, vinegar, rosemary, mustard, and honey,  
2. Add chicken, apples, walnuts, and cranberries, to dressing mixture.  
3. Serve on romaine lettuce leave, whole wheat bread, or whole wheat wrap.

---

**Cucumber Tomato Salad**

**SERVING SIZE:** 1 cup  
**SERVINGS PER RECIPE:** approximately 4  
**ONPOINT CONVERSION:** 1 vegetable, 1 fat

**INGREDIENTS**
- 3 medium cucumbers  
- 1 pint tomatoes (any size)  
- 1 tbsp. EVOO  
- 2 tbsp. apple cider vinegar  
- Juice of half a lemon  
- 1 dash garlic powder  
- 1 dash onion powder  
- Salt & pepper to taste  
- Toppings: feta cheese, chickpeas, peppers, onion, herbs

**INSTRUCTIONS**
1. Cut cucumbers into fourths, then into quarter inch pieces  
2. Cut tomatoes into quarter inch pieces  
3. Combine all ingredients into a bowl  
4. Refrigerate for at least 2 hours before eating, consume within 3 days
BROCCOLI CUCUMBER GRAPE SALAD

SERVING SIZE: 2 cups
SERVINGS PER RECIPE: 4
ONPOINT CONVERSION: 1 vegetable, 1 fat

INGREDIENTS

Salad:
• 2 medium heads of broccoli, finely chopped/diced
• 1/2 cucumber, diced
• 1 cup red/purple grapes, chopped
• 3 Tbsp onion, finely chopped
• 2 to 3 Tbsp unsalted sunflower seeds

Dressing:
• 1/2 cup Greek Yogurt
• 1 Tbsp lemon juice
• 1/4 tsp salt
• 1/4 tsp pepper

INSTRUCTIONS
1. Mix together in a large bowl and serve immediately with prepared dressing.

CHOCOLATE SLOW COOKER OATS

SERVING SIZE: 1 cup
SERVINGS PER RECIPE: 4
ONPOINT CONVERSION: 2 starch, 1 fruit, 2 fat

INGREDIENTS

• 4 cups water
• 2 cups steel-cut oats
• 4 tbsp. natural peanut butter
• 3 tsp. cocoa powder
• ¼ tsp. salt, or to taste
• Toppings: 1 tsp. cacao nibs, 1 tsp. shaved coconut, ½ cup sliced strawberries

INSTRUCTIONS
1. Combine water, oats, cocoa powder and salt in a 5- or 6-quart slow cooker.
2. Turn heat to low. Put the lid on and cook until the oats are tender, 7 to 8 hours.
3. Once cooked, portion into 1 cup servings and top with cacao nibs, shaved coconut and sliced strawberries
Conclusions

TAKEAWAYS

✓ WHAT ARE THE BENEFITS OF MEAL PREP?
Meal prepping saves time, money and calories. Plus, it helps you stick to your health goals during the week.

✓ WHAT ARE THE SERVINGS I SHOULD BE USING?
Fruit/Vegetables = 1 cup
Grains = ½ cup cooked
Protein 2-3 (4oz)
Dairy = 1-2 cups or 1 slice of cheese
Fat = 5-6 (1 tbsp of oils/seeds)

✓ WHAT COOKING METHODS ARE THE BEST WHEN MEAL PREPPING?
It depends on the food, but ideally the best cooking methods are steaming, baking, sauté and roasting.

✓ HOW CAN I HAVE A SUCCESSFUL MEAL PREP?
Plan our your meals, make a shopping list, gather your food and set aside 2-4 hours a week!