Prep for Success!

Ever feel like you are too busy to take the time to prepare a healthy meal? Ever come home exhausted after a long day and the last thing you want to do is dice veggies or wait around for a chicken to roast?

Eating healthy can often be a challenge if you live a busy life or work long hours. Maintaining a healthy diet is easier when you plan. Taking some time to plan a menu for the week and prep food in advance will save you time during the week and help ensure you get healthy, balanced meals on the table. Planning your meals in advance gives you control over what you are eating.

How to meal prep:

1. Once or twice a week, sit down and plan all meals and snacks you want to eat for the next few days.
2. Keep things simple. Choose 2-3 simple balanced meals. Simple meal ideas may include non-starchy veggies, a protein source, a whole grain option and a healthy fat.
3. Make a shopping list with everything you will need for the meals and snacks. Making a list helps save time and money at the grocery store.
4. Meal prep each recipe. Wash, peel and chop all the veggies you'll need for the week. Batch cook the protein sources you will be using such as chicken breast, salmon or hard-boiled eggs.
5. Pack food in storage containers, separating the pre-made veggies, protein and other items. Pre-portion snacks into appropriate serving sizes.

Tip:

- Rely on a few versatile recipes. Tweaking the same simple yet delicious recipes keeps your meals fresh and satisfying, but they do away with the stress of making a new dish every night. For example, make a large batch of brown rice, then top it with different veggies and protein throughout the week.

For more information on weight loss please contact the Minneapolis VA MOVE! Program at **612-629-7388.**