MEAL PREPPING TIPS FOR THE NEW YEAR!

Happy New Year! Here are some meal prepping tips to help the whole family start the new year with some nutritious and delicious meals! This will help you save time on cooking so you have more time and energy to spend on other New Year's resolutions. Below you will find ideas for prepping ahead of time, and also some quick cooking ideas if you don’t like prepping ahead of time.

Prep-Ahead Protein ideas:
- Boil chicken breasts, let cool, then shred with fork. Keep shredded chicken in fridge and combine with some spices & mayo. You can add it to lunch bowls, sandwiches & salads.
- Cook a big batch ground turkey/ beef, keep in container fridge and add to meals.

Plant Based Protein ideas:
- Combine plant protein sources on the left with one on the right (or vice versa) to achieve a complete protein source when planning meals!
- Pan fry chickpeas & black beans with chosen spices (eg. cumin, garlic, salt & pepper)

Prep-Ahead Carbohydrate ideas:
- Cook a big batch of rice, or quinoa

Quick cooking Carbohydrate ideas:
- Couscous (5-7 mins)
- Organic millet & brown rice ramen (5-10 mins)
- Black bean pasta (8 mins)

*can find ramen & black bean pasta at Costco

Aim to have healthy balance of each of the major nutrients at each meal

Quick cooking Veggie ideas:
- Keep a big container full of cut-up raw veggies in your fridge
  - Use for: an easy after school snack with hummus or cheese slices! Or, pan fry at dinner for stir fry
- Steamed broccoli
- Cook green beans on pan with a drizzle of olive oil + salt & pepper
- Pan fry frozen mixed veggies or steam & add seasoning
- Roast veggies: onion, red/yellow pepper, thinly sliced carrots, thinly sliced sweet potato etc. → drizzle with olive oil, add garlic powder, salt & pepper, cook at 400 degrees for 25-30 mins
  - Can also make a big batch and keep in fridge to add to meals