

MEAL PLANNING FOR THE WEEK

Simplify meal prep by stocking your freezer with building blocks for healthy breakfasts, lunches and dinners.

STEP 1: DEDICATE ONE DAY TO MEAL PLANNING

- Pick a day and stick to it. Add it to your calendar.
- Start with a food inventory to see what you have.

STEP 2: MAKE A MENU

- Find healthy recipes. Jot down ideas for your pre-prepped meals.
- Create a grocery list

STEP 3: SHOP FOR INGREDIENTS

- Bring a list to help you stay focused on what you need, not what you are craving for at the moment.

STEP 4: WASH AND CHOP

- Set aside time to wash and chop all vegetables for use during the week. Store individual cut vegetables in a single container and measure out your daily portions.
- Pre-portion veggies in individual containers for easy weekday snacks.

STEP 5: MAKE A FEW BATCHES AT ONCE

- Make two or three batches of whole grains like quinoa or brown rice. Use what you need and have the rest ready in the fridge for another meal.
- Make a sheet pan or two of roasted vegetables.
- Prepare your proteins. Most plant-based proteins are pantry staples such as beans, either dried or canned, or tofu. Cooking a pot of beans once a week will allow you to use them as a base for chili, soup, and more.
- Make your own freezer meals. Freeze soups, stews, casseroles and veggie dishes in individual portions for easy weeknight meals. Label everything with a date and name of the item.



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