

Fisher Nutrition Systems

MEAL PREP 101

Meal Prep like a Boss and
Reduce Meal Time Stress



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BENEFITS OF MEAL PREP:



- Develop and maintain a healthy lifestyle
 - Weight Control
 - Save time and money
 - Temptation Tamer
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- Reduce stress surrounding what to serve at mealtime
 - Leave more time during the week for family activities
 - Contribute to a more nutrient dense diet

RESEARCH OF MEAL PREP:

- Eating meals at home vs. a restaurant or fast food is directly linked to reduced risk of weight gain and unhealthy waist circumference.
- Eating at home is associated with higher quality intake, reduced calories, better dietary balance and variety.
- Involving children in meal preparation may positively influence long term healthy food habits.



CREATE HEALTHY NEW HABITS!

Just like any habit, meal prepping may feel cumbersome at first.

Allow yourself at least a month to develop a method that works best for your lifestyle.

Give it time! Meal prep can be a huge time saver when incorporated as a regular and integral part of your weekly schedule.



TIPS AND TRICKS

- Establish one day per week to grocery shop and food prep.



- Evaluate your week. Decide how many meals need to be prepped. Plan accordingly when writing your grocery list.
- Use the "First in, First Out" method when storing prepped food in refrigerator, freezer and pantry.
- Avoid waste: Prepare a maximum of two proteins and three carbohydrates per week.



KEEP IT SIMPLE!



- Roasted/grilled protein
- Roasted Sweet Potato, rice or quinoa
- Steamed veggies

In a time crunch?

Add convenience foods!

- Steam in bag salt-free veggies
- Pre washed salad
- Canned beans and tomatoes
- Rotisserie chicken
- Heat and serve rice and quinoa
- Quick cook rice



- Embrace your crock pot! Set it and forget it! Come home to a healthy meal.

- Meatloaf
- Meatballs
- Soups
- Stews
- Roasts



Bulk Cook Starches

- Brown Rice
- Quinoa
- Oats
- Pasta
- Beans
- Lentils
- Potatoes

SNACK PREP

Buy or prepare healthy,
shelf stable snacks to
store in your desk, car or
bag.

Dietitian favorites:

- Health Warrior Bars
- Kind Bars with less than 5g sugar per serving
- Brown rice cakes
- Nuts and seeds
- Roasted edamame and chickpeas
- Ready to drink protein shakes
- Air popped popcorn



STOCK PANTRY AND FRIDGE

Having the right food stocked and ready to go in both pantry and fridge makes meal prep that much easier.

Stock your kitchen with ingredients that are:

- Healthy
- Versatile
- Easy to cook
- Flavorful
- Shelf Stable



DIETITIAN FAVORITES

PANTRY

- Herbs
- Spices
- Canned beans
- Canned tomatoes
- Tuna
- Salmon
- Vinegar
- Soy Sauce
- Pasta
- Rice
- Quinoa
- Oats
- Lentils
- Wheat Flour
- Olive oil
- Nut butter
- Nuts and seeds
- Protein Powder

FRIDGE & FREEZER

- Milk or Milk Alternative
- Avocado
- Salad
- Fruit & Veggies
- Potatoes
- Whole Wheat Bread
- Frozen berries
- Salt-free frozen vegetables
- Frozen bananas
- greek yogurt
- Cottage cheese
- Poultry
- Meat
- Fish
- Tofu or meat alternative

COOK SMARTER, NOT HARDER!

COOK ONCE, USE FOUR WAYS

Chicken

Initial Use:

- Grill, Roast or Broil chicken

Leftovers:

- Stir Fry
- Chicken Salad
- Salad Topper



Lean Ground Meat

Initial use:

- Meatballs
- Meatloaf

Leftovers:

- Meat sauce
- Tacos
- Chili

COOK SMARTER, NOT HARDER!

COOK ONCE, USE FOUR WAYS

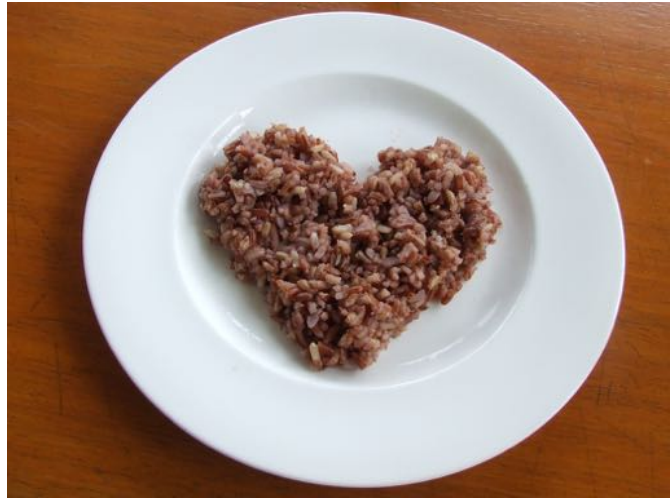
Rice or Quinoa

Initial Use:

- Side Dish

Leftovers:

- Fried Rice
- Salad Mix
- Protein Bowl



Sweet Potatoes

Initial use:

- Baked as a side
- Stuffed as an entree

Leftovers:

- Mashed
- Blend in a shake
- Sweet potato pancakes



FOOD STORAGE

Learning proper and safe storage of food can make meal prep a breeze.

Improper storage can lead to food waste and potential food borne illness

Essentials Tools

- Buy Bisphenol A (BPA) free containers
- Sectioned bento boxes are perfect for packing lunch. Stack in the refrigerator for a quick grab and go meal.
- Measuring cups and spoons
- Resealable storage bags
- Cutting board
- Crock pot or Insta pot
- Blender and/or food processor



FREEZING TIPS

- Place food in clear containers or resealable bags
- Label and date
- Rotate frequently so older frozen items are in the front
- Keep a log of all stored food
- Blanch vegetable before freezing
- Individually wrap cooked proteins
- Store food in microwave safe containers

Safe Storage

- Freeze at 0°F or lower
- Soups, stews, legumes - 2 to 3 months
- Cooked or ground meat and poultry - 3 to 6 months
- Frozen fruit - 6 to 8 months:
- Blanched vegetables - 8 to 12 months

REFRIGERATOR TIPS

- Label and date food
- Store in clear containers
- Place ready to eat food front and center
- Avoid storing in drawers or back of shelves



Safe Storage

- Refrigeration at 40°F or lower
- Cooked ground poultry or ground beef - 1 to 2 days:
- Cooked whole meats, fish and poultry; soups and stews - 3 to 4 days:
- Cooked beans, hummus - 5 days:
- Hard boiled eggs, chopped vegetables- 1 week
- Opened soft cheese - 2 weeks:
- Opened hard cheese - 5 to 6 weeks

A top-down view of various fresh ingredients and kitchen tools arranged on a dark, textured wooden surface. The ingredients include a large bunch of green dill, a whole green cucumber, a coconut, a head of garlic, a bunch of green onions, a whole eggplant, a yellow corn cob, a whole red lobster, several lemons, a wooden spoon, a wooden fork, a wooden knife, a whole green bell pepper, a whole red bell pepper, a whole tomato, a bunch of green parsley, a bunch of green lettuce, a bunch of green shrimp, and a piece of raw fish. The text "SAMPLE RECIPES" is centered in the middle of the image in a light green, serif font.

SAMPLE RECIPES

Crockpot Italian Meatballs

Prep Time: 15 min Total Time: 5 hrs 15 min

Serves: 6

1 leek, sliced and sautéed

2 garlic cloves

1/8 Cup of chopped Italian parsley

1 tsp each dried oregano, thyme and basil

1 tsp olive oil

1 tsp sea salt

1/2 tsp pepper

2 Cups Easy Homemade Roasted Tomato Sauce (see recipe below)

1 1/2 pounds lean ground beef or poultry

- Blend first 6 ingredients in food processor.
- Add to meat and gently combine. Try not to over mix the meat.
- Form into 24 balls.
- Add to Crockpot sauce. Cook on high for 4-5 hrs.

Tip: Recipe can be doubled.



Crockpot Italian Meatballs



Easy Homemade Roasted
Tomato Sauce

Easy Homemade Roasted Tomato Sauce

Yield: 4 cups

2 pints grape tomatoes
1 leek, chopped
8 medium roma tomatoes
3 garlic cloves
2 Tbsp Cup fresh rosemary
2 Tbsp fresh oregano
2 Tbsp fresh basil
1 1/2 Tbsp olive oil
1/2 tsp salt
1-2 tsp pepper

- Preheat oven to 375°F.
- Coarsely chop all vegetables.
- Toss with remaining ingredients in a large baking dish.
- Roast for an hour, until tender.
- Cool. Spoon vegetables in a blender and process until smooth.
- Store up to 2 weeks in the refrigerator or 2 to 3 months in the freezer.

Asian Sesame Green Beans

Prep Time: 15 min Total Time: 30 min

Serves: 6

6 to 8 Cups green beans, trimmed

2 garlic cloves

2 green onions

1/3 Cup Coconut Aminos

1/4 Cup sesame oil

2 Tbsp rice wine vinegar

2 tsp honey

1 Tbsp sesame seeds

Salt and pepper to taste

- Preheat oven to 400°F.
- Rinse and trim green beans
- Process garlic, onions, coconut aminos, oil and honey in a food processor.
- Place green beans in a baking dish and toss with vinegar mixture.
- Sprinkle with sesame seeds.
- Bake in oven for 15 min or until crisp tender.



Asian Sesame Green Beans



Roasted Vegetables

Roasted Vegetables

Prep Time: 10 min Total Time: 40 min

Serves: 6

1 large zucchini, chopped
1 yellow squash, chopped
2 carrots, diced
6 large mushrooms, quartered
1 shallot, chopped
1 garlic clove
2 Tbsp fresh thyme
1/4 tsp salt
1/2 tsp pepper
1 1/2 tsp olive oil

- Preheat oven to 400°F.
- Toss all ingredients together in a baking dish.
- Bake for 30 min or until tender.

Banana Nut Overnight Oats

Prep Time: 5 min Total Time: 5 min

Serves: 1

1/2 Cup Gluten Free oats

2/3 Cup almond milk

1 1/2 tsp natural, unsweetened,
salt free peanut butter

1/3 Cup mashed banana

2 Tbsp quinoa puffs

1/4 tsp vanilla

- Mix all ingredients well.
- Pour into small mason jar or container.
- Refrigerate overnight.
- Perfect for a grab 'n go breakfast or a quick post work out.



Banana Nut Overnight Oats



Quick and Easy Egg Muffins

<https://www.fishernutritionsystems.com>

Quick and Easy Egg Muffins

Serves: 3, two muffins each

Prep time: 5 min Cook Time: 15 to 20 min

Total Time: 25 min

3 whole eggs

4 egg whites

1/8 teaspoon sea salt

1 dash black pepper

6 Tablespoons cheddar
cheese, reduced fat

2 vegetarian sausage patties

1/2 cup chopped spinach

- Preheat oven to 375°F .
- Coat muffin tin with cooking spray.
- Scramble eggs with salt and pepper.
- Chop sausages. Divide evenly among 6 muffin cups with spinach and cheese.
- Pour eggs in muffin cups, taking care not to over flow.
- Bake in oven for approximately 15 to 20 minutes or until eggs are set.
- Let rest a few minutes until removed.

Quick and Easy Breakfast Ideas

- Overnight oats
- Hardboiled eggs
- Avocado toast
- Greek yogurt berry sundae
- Nut butter banana wrap
- Smoothie



2 minute Egg White Omelet

- 1 cup chopped spinach
- 2 slices veggie bacon
- 1 slice cheese of choice
- 1/2 cup egg whites
- Black pepper to taste

Place spinach in a microwave safe bowl. Top with bacon in an x pattern. Microwave on high for 30 seconds. Top with cheese and egg whites. Microwave on high for 2 minutes or until eggs are set. Season with pepper. Top with 1/4 avocado if desired.

Quick and Easy Lunch Ideas

- Hummus and veggie wrap
- Protein, rice or quinoa bowl
- Last night's leftovers
- Veggie and tuna pasta salad
- Hard boiled eggs and salad

Mason Jar Salad

Nothing is better than a healthy grab and go lunch. Mason jar salads are simple to assemble. Ingredients are easily varied for a delicious new salad every day!

Layer 1: Salad

dressing of choice

Layer 2: Crisp veggies
such as carrots, celery
and bell peppers

Layer 3: Legumes or
corn

Layer 4: Protein

Layer 5: Quinoa or rice

Layer 6: Leafy greens
and nuts/seeds



Need help from the pros?



can make meal planning
even easier with a customized plan
that meets your unique goals.

Contact us today to get started

visit us online to learn more!

<https://www.fishernutritionsystems.com>