



## <Meal Prep Resources>

**30 Day Meal Prep Challenge:**

<http://www.eatingwell.com/article/290737/30-days-of-healthy-meal-prep/>

**Budget Friendly Meal Prep Ideas:**

<https://www.budgetbytes.com/category/extra-bytes/budget-friendly-meal-prep/>

**Why Meal Prep? Harvard Stats:**

<https://www.hsph.harvard.edu/nutritionsource/2017/03/20/meal-prep-planning/>

<MAY, 2018>

# tvocWellness

## <Meal Prep May Madness>

*With our busy lifestyles meals are an afterthought for many people. I have found when I do not prep and plan ahead I am grabbing whatever is easiest and most convenient which equates to making poor unhealthy food choices. Each week I try new healthy options to mix it up a bit and ensure I am making good choices. Below is an example of a lunch weekly meal prep for my husband and I.*

**This week we have a variety of food such as:**

**-Fruit:** Strawberries, Blueberries, Blackberries, Grapes

**-Veggies:** Cauliflower, Broccoli, Carrots, Sugar Snap Peas

**-Protein:** Cheese, Turkey, Ham, Beef Stick

**Snacks:** Almonds, Avocado, Greek Yogurt

*Make it a fun Sunday tradition and try meal prepping with your kids! Healthy lifestyle habits can start at any age! Another tip is to join an accountability group on social media. This can be a great resource to stay accountable and get new healthy meal ideas and recipes! -Lindsay Vokaty, POM*



### Snacks:

- Muffins – make batches of protein muffins for snacks, if you have extras or leftovers you can freeze for upcoming weeks when you don't have time to do much prep
- Veggies & hummus – another quick easy snack, put carrots or peas in snack baggies to dip in hummus
- Bars – these are my other quick go to, I leave these at my office as well. Looking for bars with as minimal ingredients as possible is what I got for (RX bars, Larabars, Square Organics, etc.)

### Lunch:

- This week I made two different bowls; one with banza pasta and one with cauliflower rice. I added in roasted brussel sprouts and broccoli as well as sautéed baby kale and garlic. Then topped with a protein. I think bowls are great because they can be so versatile – you can use many different spices and marinades, change up the veggies and protein, and top with things like pesto (pictured), lemon juice, balsamic, avocado, nuts/seeds or tahini.
- Protein – this week I made a Skinny Taste recipe, Baked Buffalo Chicken Nuggets.

### Miscellaneous:

- I washed and chopped most of the veggies I had purchased and placed them in Tupperware in the fridge. This way when it is time to make supper, I don't have to do all of the prep for the veggies – I can just add some olive oil and spices and throw on the grill or pop them in the oven.

I like to be doing things with my friends and family as much as possible so prepping on Sunday makes my week a little less hectic and gives me the opportunity to quickly grab food from home instead of stopping somewhere and grabbing unhealthy choices. **Meal preps can take me anywhere from 1 hour to 3 hours, but the more you do it, the more efficient you will be.** -Ashley Peterson, HR Director

**Interested in purchasing some meal prep containers that are dishwasher and microwave safe? Visit:**

[https://www.amazon.com/gp/product/B073TRZ91C/ref=oh\\_aui\\_detailpage\\_o05\\_s00?ie=UTF8&psc=1](https://www.amazon.com/gp/product/B073TRZ91C/ref=oh_aui_detailpage_o05_s00?ie=UTF8&psc=1)

## <Meal Prep Tips>

I have tried to make a routine if I am home on a Sunday, I will meal prep for the upcoming week. This is a fairly typical prep, pictured up top

### Breakfast:

- Overnight oats – quick and easy breakfast on the go
- Smoothies – peel fruit, put spinach and other fruits/veggies in a baggie and freeze, measure out any liquids and place in the fridge. In the AM, throw all ingredients in the blender.

