

Why Meal Prepping Matters

Meal prepping is an important practice for people looking to stay organized, save time, and maintain a healthy diet. Meal prepping involves setting aside a specific time each week to shop for groceries, prepare meals in advance, and store them for later use. This practice helps to save time and money, while also helping to ensure that meals are healthy, balanced, and nutritious. Meal prepping is a great way to stay on top of nutrition and make sure that healthy meals are always available.

The Meal Prep Process...

1. Set out 8 meal containers
2. Cook 8 servings of rice and/or whole grain pasta
3. Cook/grill/bake 3-4 pounds of various lean meats
4. Prepare no less than 8 cups of veggies

In Each Meal Container Combine...

- 1 cup of cooked rice or 5 oz. cooked pasta (Approx. 45g of carbs)
- 3 oz. of cooked meat (Approx. 28g of protein)
- 1 cup of veggies (Approx. 5-10g of carbs)
- Top with your choice of sauce (Low fat and sugar free)



Measurements

Raw or Dry vs. Cooked

Most people are unaware that raw and dry foods are measured different and change in weight when cooked. This means you might need to adjust your measurements when meal prepping.

- **Meat typically loses 1/4 of its weight once cooked**

i.e. 16 oz. of raw meat turns into 12 oz. when cooked. To get 4 ounces of meat, you should measure 3 ounces of cooked meat

- **Carbohydrates (oats & rice) double in volume when cooked**

i.e. 3 cups of dry rice will turn into 6 cups of cooked rice

- **Pasta increases 2.5x when cooked**

i.e. If pasta label says 2 ounces of dry pasta is 45 carbs, you would measure 5 ounces of cooked pasta to get 45 carbs

Pro Tip:

Make it a habit to meal prep on

Sundays & Thursdays

Note:

There are a number of companies that make delicious, sugar free condiments. This is **KEY** for keeping things interesting when meal prepping. Use the shopping list for help and experiment with different brands and flavors!