# How to Meal Prep

This activity was created by Olivia.

Meal planning is super important for a lot of different reasons. It can be better for the environment, and it saves time and money! It also makes it easier to keep track of what you're eating so you can have a well-balanced diet full of the proper nutrients.

> Meal planning works a little bit like a code. Computer programs follow a set plan in the same way that a cook would follow a recipe. While a recipe needs the right ingredients to get the resulting meal, a computer program needs the right inputs to get the proper output.
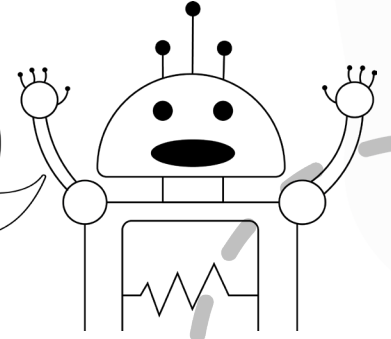
It's better for the environment because you will only buy what you need and will use, so less food goes to waste. Since you're using all the food you buy, it will also save money because you're not throwing away the things you buy, and you will need to eat out less. When you plan meals, it saves time when you're at the store because you know exactly what to buy.

How do you meal plan?
That's easy! Here is what you need to do to start meal prepping.
1. Set aside some time to plan your meals.
2. Find your recipes! They can either be from a book, from online or from an app.
3. Make sure to save your favourite recipes and plans so you can reuse them if you want.
4. Put an empty grocery list where everyone can see so everyone can add what they need.

Here are a few things to consider when you're choosing your meals:
- Make sure to think of what snacks you want too! Snacks are important to a healthy diet. They help keep you from overeating during the big meals of the day.
- What's your schedule like? If you have a busy week, you may want to choose recipes that take less time to make. You can also choose one day to make your meals for the entire week, so you don't have to make more meals later in the week. If your schedule is less busy, you may want to choose a few days during the week to prepare your meals.
- How many people are going to be eating the food? Whether it's just you, 4 people or even 8, you must make sure you're buying enough food so everyone can eat.
- Try recipes with overlapping ingredients. For example, if one recipe uses half an onion, try to plan it so another recipe uses the other half of the onion. This is important because if you use all your fresh food before they go bad, you reduce the amount of waste you're producing. No matter what, try to use all your fresh foods first! Canned and frozen food lasts way longer.

Date: _____ Name: _____

Here's an example meal plan for 3 days for 2 people:

Monday

Breakfast
Maple Brown Sugar Oatmeal with an apple

Ingredients: Instant oatmeal, maple syrup, brown sugar, apple

Lunch
Turkey sandwich with carrot slices and ranch dressing

Ingredients: Whole wheat bread, turkey slices, marble cheese slices, lettuce, tomato slices, mayonnaise and mustard, carrots, ranch dressing

Dinner
Rice and vegetable stir fry with black beans

Ingredients: Brown rice, frozen vegetable medley, black beans, stir fry sauce

Snack
Morning snack: Yogurt cup and grapes

Afternoon snack: Peanut butter and oat bar and banana

Tuesday

Breakfast
Peanut butter and banana sandwich

Ingredients: Whole wheat bread, peanut butter, banana

Lunch
Taco salad

Ingredients: Lettuce, tomatoes, black beans, tortilla chips, marble cheese

Dinner
Pizza melts

Ingredients: Whole wheat bread, tomato slices, marble cheese, turkey slices

Snack
Morning snack: Apple slices and yogurt

Afternoon snack: Fruit rollup

Wednesday

Breakfast
Maple Brown Sugar Oatmeal

Ingredients: Instant oatmeal, maple syrup, brown sugar

Lunch
Turkey sandwich with carrot slices and ranch dressing

Ingredients: Whole wheat bread, turkey slices, marble cheese slices, lettuce, tomato slices, mayonnaise and mustard, carrots, ranch dressing

Dinner
Rice and vegetable stir fry with black beans

Ingredients: Brown rice, frozen vegetable medley, black beans, stir fry sauce

Snack
Morning snack: Banana and peanut butter and oat bar

Afternoon snack: Tortilla chips and guacamole

Leftovers can be refrigerated for 3-4 days. That way, you can make a bunch of food at once to take away some of the stress that comes with preparing food in the middle of the week.

A few good food prep apps to check out: Mealime, Paprika, Plate Joy, MealPrepPro. Mealime is my personal favourite. Everyone is different though, so try out a few to see which one you like best!