

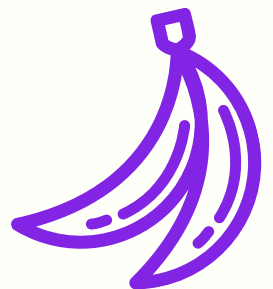
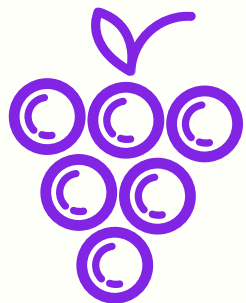
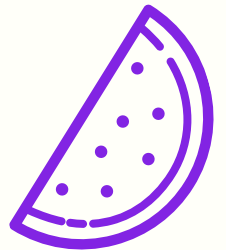


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# MEAL PREP TIPS & TRICKS

## 4 KEY FACTORS FOR SUCCESS:

- > Don't go to the store hungry!
- > Have a plan
- > Shop from a list
- > Factor in some flexibility



# MEAL PREP & PLANNING = SUCCESS

## PLANNING:

Take a look at your week ahead & make a plan! What nights can you cook? What night should you utilize the crock pot or Instapot? Which night would be best for leftovers?

Write it out (I like to post it in the kitchen so my family knows what we are having too) and make your grocery list based off of your plan.

## SHOPPING: 2 basic rules:

Dont go hungry & shop from your list.

## PREP:

IPrep your fruits & veggies as soon as you get home from the store. When your produce is clean, cut & ready to consume you are more likely to reach for it!

Take time to prep your food for the week. Schedule it if you have to! Make lunches, prep some staples that you have each week (for example overnight oats or hard boiled eggs) or do some meal dinner prep (brown burger for taco night, cut up veggies, makes rice). This will save you time in the kitchen and help keep you on track!