



THE PLAN



MEAL PREPARATION TIPS

HANDY KITCHEN EQUIPMENT

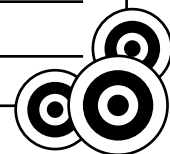
- Digital kitchen scale
- Blender or Magic Bullet
- Cuisinart Mini Chopper
- Blender bottles for on the go protein shakes
- BPA free 1L water bottle
- Spill proof BPA free containers in a variety of sizes
- Glass containers in a variety of sizes
- Ziploc snack bags
- Insulated lunch bag
- Thermos for hot beverages or soups
- Mandoline for slicing veggies
- Oil Mister
- Slow Cooker

MEAL PREPARATION TIPS

- Start the “Sunday Night Ritual.”** Integrate 1-2 hours on Sundays to plan and prepare meals. Get your family involved in helping you to prepare the meals for the week by giving everyone an appropriate job, like chopping food items or storing food in containers
- Boil a dozen eggs at a time and refrigerate.** You don’t have to eat the whole egg; you can break away the whites (protein). Hard-boiled eggs will last at least 5 days in the fridge and are a great compact snack.
- Cook 8 chicken breasts at a time.** Grill, bake or broil with your favorite seasonings. Great for slicing over salad or even eating half of a breast as a snack. Keep 3-4 in the fridge and individually freeze the rest. Take out a frozen breast the night before and defrost in the refrigerator.
- Chop up vegetables and store in individual containers.** Chop up your favourite vegetables to eat raw. A good tip for making them last is to wrap them in an unbleached coffee filter to absorb the water.
- Wash entire heads of lettuce and chop for salads.** Store lettuce in a suitable container. If it is already chopped up it is much easier to make a salad in the morning for lunch.
- Make a vegetable soup.** Use one of the soup recipes provided to make enough soup for 1 week. Store 2-3 servings in the fridge and the rest in individual containers to keep in the freezer.

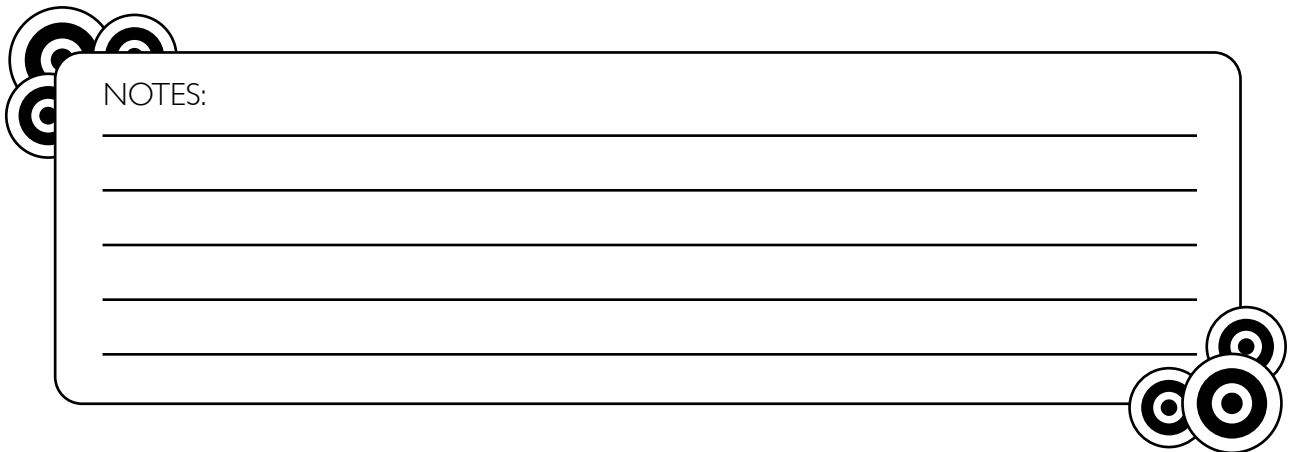


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MEAL PREPARATION TIPS

- Cook a huge amount of vegetable stir-fry.** Throw a bunch of vegetables into a wok and stir-fry with an unlimited condiment. Refrigerate in individual containers so meals are ready to serve. Add a chicken breast or piece of fish. This way dinner is almost ready without having to cook when you get home.
- Open and rinse cooked beans or lentils.** Open your favorite bean or lentil and rinse until it stops foaming. Measure ½ cup servings and store in individual containers.
- Pick 1-3 recipes and cook ahead of time.** Using the recipes provided, cook and then freeze. Take out the meal the night before, or in the morning, and refrigerate so it will be defrosted by dinner time. Add a side of stir-fry or salad.
- Portion out nuts/seeds.** Buy your favorite nuts/seeds in bulk and store in containers in the fridge. Portion out your weekly serving amounts into snack bags. This makes it handy to grab and go.
- Create a standard grocery list.** Create a standard list of the foods you need on a weekly basis.
- Soak and cook beans ahead of time.** Instead of using canned beans and lentils, purchase dry, uncooked beans and/or lentils and soak overnight in water. Measure 1 cup of beans. Remove any bad ones and measure out triple the amount of water as beans (3 cups). Place beans in a container with a lid and pour water over them. Let sit at least 6-8 hours or overnight. Drain and rinse. Beans should have swelled and are ready to cook.



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