

THE PLAN



Kitchen Gadgets















Meal Preparation Tips

1. 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

2. 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.

Meal Preparation Tips

3. 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.

Meal Preparation Tips

4. 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.

5. 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.

Meal Preparation Tips

6. 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.