

5 Tips to Level Up Your Meal Prep



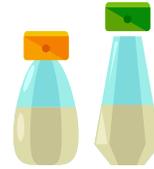
1. Make space

Be sure that your refrigerator and freezer are cleaned out and have plenty of space to hold ingredients for multiple meals. If you're preparing a few things at once, mark the days on the calendar to block off time to meal prep.



2. What do you have?

Before hitting the grocery store, take stock of what's already left in the fridge, freezer, and pantry to prevent overbuying. And don't miss the spice rack! Having a variety of spices on hand will make meals more interesting.



3. Set the stage

When it's time to cook, get out those cutting boards, measuring spoons, and cups. This step is all about organization. Be sure to have all equipment needed as well as the recipes and ingredients ready to roll. Remember to read the whole recipe ahead of time and ensure you have enough space to conquer each step. Substitute ingredients if needed and use up perishable produce first for weekly recipes. Don a fun apron and get busy!



4. Portion and pack

If you plan on freezing meals for later, have reliable glass or plastic storage containers with lids that fit. Gallon-sized, freezer safe bags may also be used to portion and pack grains. Measuring cups are helpful to portion and pack equal-sized servings as well. Have a sharpie marker and some masking tape to label and date the meals being created. And remember tip #1: be sure to make room in the refrigerator or freezer for whatever is made and packed.



5. Get a buddy

Have a friend or family member join you to share the workload and keep you company while you prep. You can swap recipes, do taste tests, and share food costs. Cooking with a buddy may also make you more accountable to help keep the meal prep going.