



## **Quick Meal Preparation Steps**

### **5 Easy Meal Preparation Steps**

#### **Here are our top five food prep tips for quick and easy meal planning:**

**\*(First, plan you're cooking for the week and keep in mind using your leftovers from previously cooked meals to make new dish's with fresh additives.) Store your warm veggies and dishes separately for quick warm up with a hot water rinse.**

### **Meal preparation the steps**

1. Invest in high-quality food containers. When you start your meal prep journey, Tupperware will be your new best friend. ...
2. Choose your recipes ahead of time. ...
3. Pick a day of week to do your groceries. ...
4. Prep your organic meals for the week. ...
5. Repeat weekly.

### **Tips to Help You Cook Faster**

1. Take one minute to mentally walk through what you're cooking for today, and for leftovers for the next meals for the week.
2. Set up appliances and heat the oven, and instant water heater.
3. Get your water boiling immediately, \*instant water heaters work great for warming up leftovers.
4. Clean your organic produce efficiently.
5. Figure out your prepping order and multitask.



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### Tips: Build a Healthy Meal

- Make your plates of veggies and fruits, all organic vegetables and fruits if possible. Organics offer a more flavorful meal, and their full of better nutrients that support good health.
- Include whole grains (Rice and oats in moderated proportions). Aim to make at least half your grains whole grains. ...
- Forget the dairy. ...
- Weekly add ½ oz. of lean protein. ...
- Avoid any fat. ...
- Get creative in the kitchen. ... Try new foods.

### The Healthiest Cooking Methods Explained

- Never use the Microwave – Microwaving eliminates all of the good nutrients.
- Never use Teflon coated pans or spray on nonstick sprays. Stainless steel pots and pans are preferred. \*(Teflon is toxic to all parrots)
- Boiling. Boiling is quick, easy, and all you need to add are water and No salt.
- Quick heating water servers are handy for quick leftover reheat
- Steaming. Cooking anything from fresh veggies to fish fillets this way allows them to stew in their own juices and retain all their natural goodness.
- Blanching or Poaching.