

Meal Prepping

Active | Healthy Living



ConnectABILITY.ca

WHAT MAKES IT MEANINGFUL

Meal prepping is meaningful because it helps people plan and prepare healthy meals in advance, leading to better portion control, balanced nutrition, and fewer unhealthy food choices. It also allows individuals to customize their meals to fit their specific tastes, dietary needs, and personal goals, making it a practical and personalized approach to maintaining a healthy lifestyle (Harvard).

TIME

1+ hour(s)

MATERIALS

- Tupperware (2-7 pieces)

*meal prep for a MAX of 7 days so the meal doesn't go bad in the fridge

- Access to internet for recipes
- Ingredients of choice
- Access to a kitchen or "prep zone" somewhere clean and with enough counter space to accommodate meal preparations

INSTRUCTIONS

*For the sake of these instructions I am going to use a recipe called "x" as an example. Supplement this recipe to any recipe you can find fit to taste.


1. Find a recipe online. The recipe I am using here is: [Easy, Delicious and Healthy Beef Burritos - Berries & Spice](#)
2. To find this recipe I searched "healthy burrito recipe with portioned ingredients"
3. Double the recipe as much as you want (up to seven times for quality storage)



Meal Prepping

4. Set out all the ingredients in one area for an efficient and organized preparation
5. For example, In this recipe, the ingredients list calls for 1 cup of beef for 2 servings, but if I wanted to make 4 meals I would use 2 cups, or 3 cups for 6 servings and so on
6. Next, chop and cook all ingredients until they are ready to assemble
7. Assemble your meals one by one, portioning into the tupperware containers as you go
8. Store in fridge until ready to eat
9. Bring on the go, and leave with a nutritious ready meal!

RESOURCES

- Benefits of meal prepping: [Meal Prep Guide – The Nutrition Source](#)
- Recipe ideas: [80+ Budget Friendly Meal Prep Ideas](#)
- How to meal prep on YouTube:
 [How to Become a Meal Prep Pro this Year | The Beginner's Guide to Meal Prep](#)

SUPPORTS NEEDED

Some Individuals may need help in portioning the ingredients and in assembling the meals.

PICTURE REFERENCE:

