

NO-COOKING FOOD PREP BASICS

MEAL PREP TIPS

When meal prepping, it is a good idea to start by listing all the meals you want to make for the week. For example, if you want to make a Salad and Veggie Wraps for dinner on Monday, eat the leftovers on Tuesday, and then make a Cold soup on Wednesday.



Once you have your menu & recipes for the week, look to see what ingredients you will need. Make sure to look through your pantry and fridge to see which ingredients you already have. Then write down every ingredient you need before you go shopping.



When meal prepping, try to choose one or two days a week when you will prep your meals. Store your prepped meals in Tupperware, and portion them out for each individual day.



NO-COOKING MEAL PREP & TIPS:

When making no cook meals, **use the produce and foods that are starting to go bad first**. Also, try to **buy produce that will last for at least 5-7 days**. This way you can use it in recipes for a week.



Prep all your produce first. Cut and chop your vegetables and fruits, as well as portioning out the ingredients you will use. This will help save time once you start assembling your foods.



When making salad, leave your dressing on the side. Make a simple dressing, like balsamic, with enough for the week. Only add dressing right before you are ready to eat the salad. This will help avoid it getting soggy.



Try cold soups! Cold soups are very refreshing, and also very easy to make. They last a long time in the refrigerator and are excellent leftovers.



When making snacks for the week, **consider sliced bell peppers, sliced apples and peanut butter, celery and peanut butter, or carrots and hummus**. These snacks can be easily prepared on the day you want to eat them and are much healthier alternatives to processed food.



If you want to include poultry, consider:

- Canned tuna
- Canned salmon
- Canned chicken.

These options do not require any cooking. The ingredients can be added to salads, veggie wraps, or simply eaten on their own.



Embrace a vegetarian diet! Most no cooking recipes use vegetables, fruits, nuts, and more. These foods are great for your overall health and are delicious as well! Some great options include carrots, cucumbers, apples, avocados, romaine lettuce, lemons, onions, whole mushrooms, & zucchini.



Consider some of these no-cook sources of protein: Cottage cheese, nuts, tempeh, Greek yogurt, drained chickpeas, and seeds are great no cook sources of protein.



Try overnight oatmeal! Overnight oatmeal takes just minutes to assemble and is an excellent no-cook breakfast. Try adding fruits or nuts to enhance the flavor!



Stay away from processed food! While processed food may last awhile, it is not good for you. No-cook meals allow you to eat a healthy diet, without spending too much time or equipment making them!



EXAMPLES OF SOME NO-COOK INGREDIENTS

Greens: Including romaine lettuce, arugula, spinach, collard greens, and kale.



Vegetables: Including tomatoes, carrots, cucumber, bell peppers.



Fruit: Including, apples, grapes, bananas .

Fridge: Peanut butter, hummus, Greek yogurt, cheeses, milk.

Pantry: Oils, balsamic, spices (very important for flavoring your foods!), a variety of nuts, oats, and dried fruit.

