

10 Brilliant & Simple Meal Prep Ideas

Meal prep is linked to better dietary habits. Feeling good about what you eat and using food as the fuel to keep your body in tip-top condition can be made into a simple science that allows you convenience, money savings, and healthier choices!

Fortunately, once you get into the “simplicity” mindset – shopping, preparing, and making sure the right ingredients are close at hand – is easy! Even if you are intimidated by cooking there are tons of sneaky tricks that can help make assembling delicious meals and snacks a cinch.

Here we will be going over 10 Brilliant & Simple Meal Prep Ideas - so stay with us! Aim for the number of meals and proteins, veggies, fruits, and grains that you will need over the time you are prepping for!

1. Prepare to Meal Prep by Keeping an Ongoing /Reusable Shopping List



Shopping made simple. Keep a pad of paper in a handy spot (or use the “NOTES” section of your smart phone) and group your shopping list into those favorite items that you love; proteins, veggies, fruits, yogurts/dairy, fats (olive oil), and grains. Specialty items (like snacks) will be a breeze when you have planned. Keep the list and continue to improvise week to week based on your menus. This will be your “go to” healthy foods list.

[Check out our Meal Prep Idea Sheet](#)



2. Meal Prep Meats (All at one time / one pan)

Having lean meats around can be a plus, plus in having access to good quality proteins. Spend a day or evening – baking up or grilling several different meats to have handy for easy recipe prep. Meats like chicken, fish, hamburger, or steak are key ingredients to have convenient. Spice up your menu by making different variations of the same meat; Sriracha, BBQ, and honey mustard – see picture. You can even do them in the same baking dish – just divide them by tin foil. Do up enough meat for the entire week. Those meats that you aren't using within 3-4 days, vacuum pack, or place in a single serve/family serve size zip-lock bag.



Photo and recipe: Kevin / [Fit Men Cook](#)



3. Cut / Slice / Portion Raw or Frozen Vegetables

Want access to quick snacks or an easy dinner at the end of a long day? Cut veggies in bulk or buy bags of frozen veggies (already cut to size) to avoid wasting precious minutes chopping at the end of a long day. Chopped vegetables like carrots, onions, celery, peppers, sugar snap peas, cucumbers, radishes, cabbage, broccoli, cauliflower will last a up to a week when refrigerated properly in a sealed plastic or bag or container. Avocados can be preserved by cutting and dipping or sprinkling in fresh lemon or lime juice. Frozen vegetables last much, much longer – but may take a few extra minutes to warm in the microwave or on-top of the stove.



4. **Roast Different Vegetables with Same Cooking Time.**

Roasting vegetables is a great way to bring out their natural sweetness but waiting 30 to 40 minutes for each pan of nutrient-rich goodness to cook can be time-consuming. To prep a large batch of veggies, baste them in a little olive oil, salt and pepper (or your favorite seasoning) and then pair them based on roasting time. Fast-cooking vegetables that can bake in the same pan include asparagus, okra, mushrooms, and cherry tomatoes; slow-roasting vegetables include carrots, cauliflower, onions, potatoes and parsnips.



5. **Mason Jar Salads**

Want a salad that doesn't get soggy? A glass jar will save your veggies from getting mushy before you get a chance to eat them! Put the dressing at the bottom of the jar, then sturdier produce like cucumbers and peppers. Then save leafy lettuce, kale, sprouts, or arugula and/or grains (like quinoa) on top. You can use a paper towel square at the top to absorb extra moisture if storing more than one day. When you get ready to use, all you will need to do is have a plate ready, dump, and enjoy! Or if there is a little room left in the jar you can give it a few shakes to mix everything up and eat right out of the jar!



6. Cut / Slice / Portion Raw or Frozen Fruit

Who would not want a little pick-me-up with some fresh fruit? At night, prepare your favorite fruits; apples, oranges, strawberries, pineapple, pears, grapefruit, blueberries, grapes, cherries, and bananas – place them in a zip-lock bag and freeze them for a refreshing snack. Or wash and place them in the refrigerator. If refrigerating apples and bananas, a little orange, lemon, or lime juice will go a long way in keeping them from getting brown. If they are prepped – they are much more likely to get eaten! You can also buy frozen fruit (already prepared) – all you have to do is let it sit for a little while (or place in the refrigerator /lunch box) to thaw to the right temperature.



7. Superfoods and Snacks

What are your favorite power foods? Things like power bars, yogurt, mozzarella cheese sticks, flax seed, granola, peanut butter, almonds, walnuts, cashews, pecans, pistachios, cranberries, or even indulgent dark chocolate can add just the right mix of energy and calories and stave off cravings between meals.





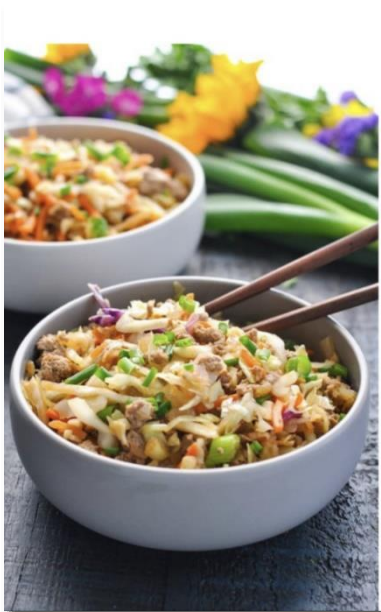
8. Smoothies in a Flash

Who couldn't go for a fresh smoothie or slush? Gather up those pre-cut fresh or frozen fruits and/or veggies to make a superfood-supersized meal or snack! Pour the smoothie into a Mason jar (or airtight container) and the smoothie will keep in the fridge for 1-2 days. Separation may occur after the first day. This is completely normal. Or if you are not yet ready to make your smoothie, keep the items pre-proportioned or pre-measured and freeze in ice cube trays or Ziplock bags. Then simply add them to your blender when you are ready. Easy peasy!

9. Use Muffin Tins for Smart Breakfast Options

How would you like to enjoy a fancy frittata every day of the week? How about a make-ahead egg muffin? Lots of options are out there but try this favorite recipe:

Egg Muffin Cups



10. High Protein, High Energy Meals

What could be better than having entire mini-meals or family-appropriate meals made up ahead and stored in the fridge or freezer? Here's two of our favorite recipes:

Chili Lime Chicken Eggroll Bowl





Meal Prep Ideas

Reasons to Meal Prep:

- You will control the portions.
- You will save money.
- You will eliminate surprises and hidden calories.
- You will notice that your days are easier and simplified.
- You will establish a healthier relationship with food.
- You feel better about what you are eating because it is more intentional.



Food Groups to Meal Prep

- Chicken / rotisserie chicken (bake/broil/grill and cut up)
- Ham (bake/smoke and cut up)
- Hamburger (grilled and portioned out)
- Fish (grilled/baked and cut up)
- Vegetable (fresh or roasted) Including Okra, cauliflower, broccoli, carrots, celery) - spray olive oil, bake 400 for 20-30 minutes
- Fruit (strawberries, grapes, blueberries, apples)
- Salads - spinach, lettuce, tomatoes, green peppers
- Homemade Dressing
- Cheese/cheese cubes
- Overnight Oats
- Breakfast smoothies (portion fruits and put in zip lock bag)

May use meal prep containers or zip lock bags.

Some of these things can be placed in the refrigerator or freezer.

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Ingredients

- 1 DOZEN EGGS
- 3/4 CUP CUBED HAM
- 1 CUP OF SPINACH
- 3/4 CUP OF CHEESE
- 1/4 CUP OF DICED BELL PEPPER
- 2 CLOVES OF GARLIC
- SALT
- OLIVE OIL/NON-STICK SPRAY

Directions

1. CRACK ALL 12 EGGS IN A LARGE BOWL AND WHISK TOGETHER UNTIL COMBINED. SEASON WITH SALT AND PEPPER. SET ASIDE.
2. MINCE 2 CLOVES OF GARLIC , DICE HAM AND BELL PEPPER.
3. IN A LARGE SKILLET, SPRAY NON-STICK SPRAY OR A DRIZZLE OF OLIVE OIL. ADD SPINACH AND GARLIC. COVERING THE SPINACH WILL SPEED UP THE COOKING PROCESS, ONCE THE SPINACH HAS REDUCED IN SIZE, IT IS DONE.
4. SPRAY MUFFIN TIN WITH NON STICK SPRAY OR RUB OLIVE OIL IN EACH MUFFIN HOLE.
5. DUMP EGGS INTO EASILY POURABLE CONTAINER SUCH AS A MEASURING CUP.
6. FILL EACH MUFFIN ABOUT 1/3 FULL. ADD IN YOUR CHEESE, HAM, COOKED SPINACH, AND BELL PEPPER. (I LIKE TO SAVE SOME CHEESE TO PUT ON TOP)
7. IN AN OVEN THAT HAS BEEN PRE-HEATED FOR 350, POP THE MUFFINS IN FOR 20-25 MINUTES OR UNTIL THE CENTER IS FIRM.
8. LET CUPS COOL BEFORE POPPING OUT OF THE MUFFIN TIN.

Additional Notes

IF YOU WOULD PREFER A VEGETARIAN OPTION, YOU COULD NIX THE HAM. FOR FLUFFIER EGGS YOU CAN ALSO ADD MILK WHEN WHISKING THE EGGS ALL TOGETHER. YOU CAN MAKE AS MANY OR AS LITTLE OF THESE CUPS AT A TIME. A GOOD RULE OF THUMB IS 1 EGG= 1 EGG CUP. THESE CUPS WILL STAY GOOD IN YOUR FRIDGE FOR 4-5 DAYS. I KEEP THEM IN A ZIP LOCK BAG IN THE FREEZER. IF YOU ARE KEEPING YOURS IN THE FRIDGE, TO RE-HEAT JUST POP THEM IN THE MICROWAVE FOR 30 SECONDS. IF YOU ARE FREEZING THEM, TO RE-HEAT MICROWAVE THEM FOR 1 MINUTE AND 30 SECONDS WITH A PAPER TOWL ON THE BOTTOM TO SOAK UP ANY REMAINING MOISTURE.

Egg Muffin Cups



Nutrition Facts

**SERVING SIZE: 1
EGG CUP**

**84 CALORIES
1G CARB
5G FAT
8G PROTEIN**



Ingredients

- 5 OZ CHICKEN
- 1 TSP CHILI POWDER
- 2 TBS LIME JUICE
- 1/2 TSP CUMIN
- 1/2 TSP GARLIC POWDER
- 1/2 TSP SALT
- 1/4 TSP BLACK PEPPER
- 1 CUP CAULIFLOWER RICE
- 1/4 CUP CORN
- 1/4 CUP BLACK BEANS
- 1/2 TBS CILANTRO
- 1/2 TBS GREEN ONION
- 1 QUARTER LIME WEDGE

Directions

1. PREHEAT OVEN TO 400 DEGREES.
2. SPRAY SHEET PAN WITH COOKING SPRAY. SEASON CHICKEN WITH CHILI POWDER, CUMIN, GARLIC POWDER, SALT, PEPPER, AND LIME JUICE. BAKE FOR 7-10 MINUTES OR UNTIL CHICKEN REACHES 165 DEGREES. ONCE COOL, DICE INTO BITE SIZE PIECES.
3. WHILE THE CHICKEN IS BAKING, PREPARE THE CAULIFLOWER RICE BY HEATING A PAN WITH OLIVE OIL. ONCE THE RICE IS GOLDEN BROWN IT IS DONE.
4. DRAIN AND RINSE CORN AND BLACK BEANS. DICE GREEN ONIONS AND SLICE LIME WEDGES. SET ASIDE.
5. MIX CAULIFLOWER RICE, CORN, BLACK BEANS, AND CHICKEN TOGETHER, SPRINKLE ADDITIONAL SEASONING ON TOP IF ANY LEFT. TOP WITH GREEN ONION, CILANTRO AND LIME WEDGES. ENJOY!

Additional Notes

If you have enough time, marinate your chicken in the spices and lime juice for at least 30 minutes before baking in the oven. This will keep your chicken from getting dry and will be full of flavor! If you do not want to use pre-made cauliflower rice, you can buy fresh cauliflower and grate it with a box grater or use a food processor.

Chili Lime Chicken



Nutrition Facts

**SERVING SIZE: 5 OZ
CHICKEN 1.5 CUPS OF
RICE MIXTURE**

**320 CALORIES
17G CARBS
6G FAT
36G PROTEIN**



Ingredients

- 1 LB. GROUND TURKEY BREAST (CAN SUBSTITUTE WITH GROUND CHICKEN, GROUND BEEF, OR GROUND PORK)
- 1 SWEET ONION, DICED
- 1 TABLESPOON SESAME OIL
- 1 TABLESPOON RICE VINEGAR
- 2 TEASPOONS MINCED FRESH GARLIC
- 1 TEASPOON GROUND GINGER
- ¼ CUP LESS SODIUM SOY SAUCE
- 1 (16 OUNCE) BAG COLESLAW MIX
- ½ CUP GRATED OR “MATCHSTICK” CARROTS
- 2 GREEN ONIONS, THINLY SLICED
- SALT AND PEPPER, TO TASTE

Directions

1. HEAT A LARGE SKILLET OVER MEDIUM-HIGH HEAT. ADD GROUND MEAT AND COOK, STIRRING, UNTIL NO LONGER PINK. DRAIN; RETURN MEAT TO SKILLET.
2. ADD DICED ONION, SESAME OIL, AND RICE VINEGAR TO THE SKILLET. COOK, STIRRING, FOR A FEW MORE MINUTES (UNTIL ONION IS TENDER).
3. ADD GARLIC, GINGER, SOY SAUCE, HOISIN SAUCE (OPTIONAL), COLESLAW MIX, AND CARROTS TO THE SKILLET. COOK, STIRRING, FOR ABOUT 5-7 MORE MINUTES, OR UNTIL CABBAGE IS WILTED.
4. REMOVE SKILLET FROM THE HEAT. STIR IN GREEN ONIONS AND SEASON WITH SALT AND PEPPER, TO TASTE.
5. IF YOU LIKE SPICE YOU CAN ALSO ADD SIRACHA OR HOT SAUCE ON TOP. ENJOY!

Additional Notes

SOMETIMES YOU CAN PURCHASE COLESLAW MIX WITH MATCHSTICK CARROTS ALREADY IN IT. IF YOU ARE HAVING PROBLEMS FINDING ANY OF THE INGREDIENTS LISTED ABOVE YOU CAN SUBSTITUTE ALMOST ALL OF THEM. HOWEVER, WE DO RECOMMEND USING THE SESAME OIL BECAUSE THAT IS THE STAPLE TO MAKING THIS ASIAN DISH DELICIOUS AND AUTHENTIC!

Eggroll Bowl



Nutrition Facts

**SERVING SIZE: 1.5
CUPS**

**205 CALORIES
12G CARBS
5G FAT
30G PROTEIN**