

# ON *the* GO

Making your life more efficient

## What to Wear

The essentials to have in your closet for a quicker morning

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# Food Prep 101

How to prep healthy meals for the whole week

## Cut the Cutting!

The best apps to use instead of coupon cutting

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# FOOD PREP 101

By Alan Douglas

We all know that making a healthy meal isn't always the quickest thing. Many times it's tempting to reach for the cereal or the popcorn after a long day of work or running family around. Welcome to Food Prep 101! Food prep is a great way to have healthy meals at the ready so you can stay on track with your diet without taking hours to prepare a meal but still have something delicious. We have put together the essential guide to getting ready for food prep including what supplies to always have on hand and how to

make the most efficient grocery list. We've also included your first six recipes to try! Get ready to transform your freezer into your food haven with these delicious recipes that won't hurt your waistline. With only a few hours to put together six meals with four servings each you'll always have something delicious ready to eat whenever you get home whether it's too late or if you're having company over!



## FOOD PREP 101

### 1. The Essentials

Always stock up on gallon freezer bags and 9x12 tin pans with flat lids. These are essential to meal planning so it's best to always have them around. Sharpies are also important to label your bags of the date and the meal. Write the directions on the container as well. This will make it quick and easy to cook without needing to dig out your recipe.



### 2. The Supplies

Your slow cooker will be your best friend when it comes to meal prep. It's best to have a self timer so you can cook meals without needing to be home to make sure it is turned off in time. If your slow cooker doesn't have a timer you can always get a self timer for the outlet for fairly inexpensive. Another great time saver is to have slow cooker liners. It will save a ton of time when clean up comes.



### 3. The Food

Now, let's discuss the most important part; the food! If you have a deep freezer then it's best to stock up on chicken if you can. It's a great source of lean protein for a healthy meal and can be changed up quite a bit with different recipes. Many recipes call for two chicken breasts for four servings. It's best to know your own family and alter the servings as necessary.

Pasta is another great ingredient for your meals. However, if you are trying to find healthier pasta options, look for when the better

pastas are on sale such as high protein or fiber or multigrain pastas. If you cook the pasta before freezing it, the pasta will reheat fine.

Lastly, canned food is a great stock item. Many recipes use canned vegetables such as corn, tomatoes, or peas. If you are a vegetarian, beans are a great substitute for protein. It would be best to stock up different beans, like black beans, chili beans, or navy beans. This will help you put together a recipe much quicker.

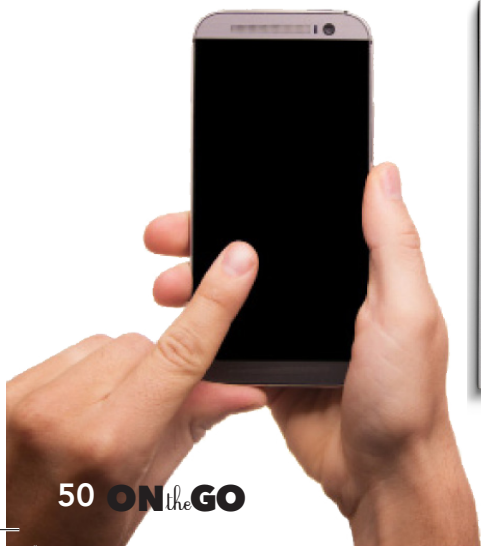


### 3. The List

This will take the most prep work. There's lots of ways to cut down that time though. First, do your research. There are a ton of blogs that offer a grocery list already with meal plans. Once you get the hang of meal prep though, you can get creative and mix and match recipes! To start a new list write out what you need for each recipe such as three chicken breasts, half an onion, one can tomatoes. Then when you're finished, go through and add together what you need to have a complete list. You

can do this on your phone as well, if it's more comfortable for you. Or a combination of writing it on paper and then putting your final list in your phone. It's best to try and match some ingredients and recipes together.

Try to have two recipes each ingredient so to save some money. For instance, use two recipes with onions since you might only use half or two recipes with chicken so you only need to thaw one bag. Small details like this can save you tons of time and money!



## 4. The Recipes

To help you get started we're going to work with our amazing blogger, Missy Rakes. She has put together five recipes that will make twelve meals! To get started, we'll first share the recipes and ingredients so if you want to practice putting together the grocery list you can. You can also find all of this information through Missy's website, <http://www.gracefullittlehoneybee.com>.



### BBQ Chicken and Veggies

2 bell peppers, chopped  
1 zucchini, chopped  
3 onions chopped  
6 red potatoes, chopped  
4 garlic cloves, chopped  
4 chicken breasts  
1 15 oz. can of tomato sauce  
1 tbsp. brown sugar  
1 bottle of BBQ sauce

#### Directions:

Make recipe once and split into two bags  
Cook in slow cooker on high for 4 hours or low for 8 hours

### Teriyaki Chicken

3 boneless chicken breasts  
1 cup teriyaki sauce  
1 cup water  
2/3 cup brown sugar  
3 cloves of garlic

#### Directions:

Make this recipe for each of two bags  
Cook on low for 4-6 hours.

### Chicken Taco Soup

2 Frozen Chicken Breasts  
1 can of Black Beans  
1 can of Corn  
1 can of Rotel® tomatoes  
1 onion, chopped  
1 packet taco seasoning  
1 packet ranch dip mix

#### Directions:

Make this recipe for four bags each  
Cook in slow cooker on low 8 hours

## FOOD PREP 101

### Creamy Baked Pasta

16 oz pasta, cooked and drained  
1 jar pasta sauce  
1 small tub sour cream  
1/4 c parmesan cheese  
1 onion, chopped  
1 bell pepper, chopped  
1 cup shredded mozzarella

#### Directions:

Make this recipe for each of two tin containers  
Mix all ingredients in pot over medium heat until sour cream is combined.  
Pour into the tin dish.  
Sprinkle cheese on top.  
Remove cover to bake.  
Bake at 350 for 30 minutes (45 min - 1 hr if frozen)

### Chili Mac Casserole

16 oz pasta, cooked and drained  
1 can of chili beans  
1 packet chili seasoning  
1 onion, chopped  
1 can of Rotel® tomatoes or stewed tomatoes  
1 can of tomato sauce  
1 cup shredded cheddar

#### Directions:

Make this recipe for each of two tin containers  
Mix all ingredients in casserole dish.  
Sprinkle cheese on top.  
Remove cover to bake.  
Bake at 350 for 30 minutes (45-1 hr if frozen)





## Freezer Meals Shopping List

- |   |  |
|---|--|
| 4 bell peppers  | 4 cans Corn  |
| 1 zucchini  | 6 cans Rotel® tomatoes                                   |
| 11 onions   | 2 cans chili beans                                       |
| 6 red potatoes  | 4 packets taco seasoning                                 |
| 1 large head of garlic (you will need 10 cloves)      | 4 packets ranch dip mix                                  |
| 18 chicken breasts (I used two and a half 3 lb. bags) | 2 packets chili seasoning                                |
| 1 bottle of BBQ sauce                                 | 4 - 16 oz boxes pasta                                    |
| 2 cups teriyaki sauce                                 | 2 jars pasta sauce                                       |
| 1 1/3 cups brown sugar                                | 1 - 16 oz tub sour cream (split in half for baked pasta) |
| 3 - 15 oz. cans of tomato sauce                       | 1/2 c parmesan cheese                                    |
| 4 cans Black Beans                                    | 2 cups shredded mozzarella                               |
|   | 2 cups shredded cheddar                                  |

You can also get creative and dress these recipes up! We like to add Maple sausage to our Creamy Pasta or Cheddar cheese and corn chips to our chicken taco soup. Change up some of the vegetables in the BBQ Chicken and add coleslaw for some southern flair. Have fun and try something new! Share your ideas and experiences with us on social media!