

food & nutrition.

meal planning & food prep.

Planning and prepping my food has been part of my weekly routine since I made lifestyle changes to my nutrition and exercise many years ago. It's become such a part of my daily life that it actually throws me if I don't prep my food at the weekend!

“But I don't haven't **time**”

Time is precious – we all know that. Family, work and life in general can just take over. But what you eat is important, so you need to make it a priority.

So let's break down just how long meal planning and food prep actually takes...

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how much **time** does it take?

- **Write my shopping list - 5 minutes**

I have a wipe board on the fridge, so as I run out of things or remember things to buy then I write it on the wipe board.

- **Order the online food delivery - 5 minutes**

I do this on a Thursday or Friday and get my food delivered on the Saturday or Sunday (depending when they have slots available and when I'll be in).

Online shopping, for me, has been such a time saver. I loathe supermarkets, as I can only get there at a weekend when it's usually heaving. And it's also cheaper for me to buy online, as I only buy what I need i.e. I stick to my shopping list!

The first time you log onto an online supermarket, your first order may take a little bit longer but you'll soon get it down to a fine art! Most supermarkets do home delivery, plus lots of local shops do too. So worth researching which ones deliver in your area.

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- **Food delivered Saturday/Sunday - 5 mins to put away.**

I always get a delivery over the weekend, as I usually cook on a Sunday.

- **Meal prep on a Sunday - 1hr 30 mins.**

I do all my cooking on a Sunday tea time. As I cook a fresh meal for tea, I just start a little earlier and make all the food.

**total time spent =
105 mins.**

**there are 168 hours
in a week.**

**that leaves c.166 hrs for
everything else.**

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meal prep top tips.

- If you're cooking from fresh each night, then make extra at each meal and freeze the extra portions, or have them the following night.
- If you're at home for a few hours during the day, then chuck a one pot meal into the oven to cook.
- Keep it simple! One pot stuff!! Hob! Oven! Slow cooker! Steamer! Use these like a demon!!!
- Steam all your veg in one go and keep it in tupperware, or buy microwave veg packs.
- If you're having a weekend away and can't prep, then buy pre-cooked food (Lidl do some ace steamed salmon fillets), some microwave veg & mash, or packet rice...and voila a meal!
- Prepped food will last in tupperware in the fridge for up to 5 days.

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example meals.

I have basic 6/8 meals and rotate them – so I will prep two dishes a week. Keep it simple!

Example week.

Monday	Tuesday	Wed	Thurs	Fri	Saturday	Sunday
Cottage pie	Bolognese	Cottage pie	Bolognese	Cottage pie	Take away	Burgers

Friday is whatever is left over. If we've eaten all the prepared food, then it's either fresh filled pasta with tomato sauce (always have fresh pasta in the freezer and passata in the cupboard). Or I will buy a roast chicken (or fresh chicken) and have a stir fry, with packet rice. Only takes 20 mins to cook so don't mind doing that on a Friday, as I don't teach and have more time.

Saturday is ALWAYS takeaway night – I refuse to cook! Lol! And **Sunday** we always have homemade burgers, as I'm cooking from fresh on a Sunday, that's when I do all my food prep.

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foods I always have in.

- Tinned fish – tuna, mackerel.
- Packet rice.
- Dried pasta (& a fresh pack in the freezer).
- Tinned tomatoes.
- Passata.
- Eggs.
- Berries (fresh/frozen).
- Bacon.
- Cheese – feta, grated mature cheddar.
- Yoghurt (to have as a snack, a meal or use as a sauce).
- Tinned beans – e.g. cannellini.
- Wraps.
- Coconut milk.
- Thai green & red paste.
- Herbs and spices.
- Spinach.
- lemons & limes.

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my 'go to' one pot meals.

- Omlette
- Cottage pie
- Bolognese
- Chicken dinner
- Thai green curry
- Casserole/stew
- Lasagne
- Bolognese
- Curry/Thai green curry
- Chilli
- Fish pie
- Pie
- Stir fry
- Meatballs (with either minced beef or sausages)

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put yourself first and make time.

Never say you don't have the time to plan and prep your food – when it's the one thing that you actually should. It's your body fuel – without it you won't be able to do all the other things you need to do.

- You find the time to watch TV.
- You find the time to check your social media.
- You find the time to spend with family.
- You find the time to socialise.

You **HAVE** the time to plan & prep your food on a weekly basis, if you choose to. It's all about putting yourself first...

- **Prioritise**
- **Plan**
- **Prepare**
- **See progress**
- **Be consistent**