

# AUTOMATE YOUR MEALS

Make mealtimes more assembly and less prep to save time during your busy week! Once a week, set aside some hands-on time to prep/cook/portion foods. Make sure you have a variety of storage containers in which to store or freeze foods. Label & date containers – always use oldest first to prevent spoilage. Let's get started!

## Getting Started **GO!**

List the proteins, carbs & vegetables your family enjoys. If you buy proteins/meats in bulk – portion into meal-sized containers & freeze.

## Breakfast Ideas

French toast, pancakes, cooked bacon can be cooked & frozen. Oatmeal can be cooked or just placed in a jar with water and stored in the fridge for 4-5 days.

## Grains/Root Vegetables

Mashed potatoes, turnip can be made in larger batches & frozen. Rice or grains like barley and farro can be cooked in a larger batch and leftovers reheated as needed.

## Beginning of the week

Take out enough frozen meat portions for the next 2-3 days. Cook whatever thaws first. Pair a protein with 2-3 vegetables and a made-ahead carb if you like.

## Lunch Ideas

Sandwich fillings – make 2-3 days' worth for easy assembly before rushing out the door. Add pre-cut veggies (peppers, celery, carrots) to round out lunches.

## Roasted Vegetables

Peel, cut, & roast by tossing in cooking oil, your favourite herbs/seasonings – good for root vegetables, brussels sprouts, squash, etc.

## Food Safety

Store prepped foods in labelled/dated containers. Store acidic foods in *glass* containers to prevent the acids from leaching any plastics. Thaw meats in the *fridge* not on the counter!

## More Lunch Ideas

If you can reheat food at work, frozen individual portions of soups, casseroles, chili (leftovers from dinners!) are great grab and go week-day lunches.

## Storing Raw Vegetables

Cut & store raw veggies in labelled/dated containers in fridge – most will last at least 3-5 days – good for broccoli, cauliflower, carrots, beans, asparagus, peas, etc.

Mix up your weekly menu with fast/easy to prepare meals like pasta, a frozen batch of chili or soup. A salad can be added to almost any meal to round out the veggies, or for a change, try a bowl with a variety of pre-cut veggies (cooked, raw, or both!), cooked grains, and a protein as your main meal.

Bon appetit!

“ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL, IF ONE HAS NOT DINED WELL.

–VIRGINIA WOOLF



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