



AUTOMATE YOUR MEALS

Make mealtimes more assembly and less prep to save time during your busy week! Once a week, set aside some handson 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



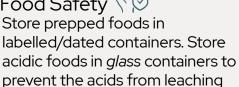
List the proteins, carbs & vegetables your family enjoys. If you buy proteins/meats in bulk portion into meal-sized containers & freeze.

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.

Food Safety \(\sqrt{\infty}\)



any plastics. Thaw meats in the fridge not on the counter!

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.

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.

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.

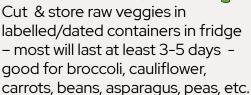
Grains/Root Vegetables

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.

Roasted Vegetables

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

Storing Raw Vegetables



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!



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