



American Heart Association®

Hard Hats with Heart™



Toolbox Talks

Meal Prepping

Meal prepping is prepping your meals ahead of time so your food is ready to eat whenever you are. Pick a day, usually Saturday or Sunday to prep enough food to get you through the upcoming week.

- 1. Having the right tools can be pretty helpful.** Gear up with a large sheet pan to roast veggies, proteins, or full sheet-pan meals. A big stockpot is handy for one pot meals like soups, stews, curry, or chili. Glass storage containers with sturdy lids work best for storing prepped food. Small zip top bags are also great for portioning out snacks like nuts or sliced veggies.
- 2. Plan your menu and aim for protein, veggies, and a starch for each meal.** Prepping for multiple days may seem daunting at first, so start by prepping just two meals and double the ingredients so you get four meals covered.
- 3. Make a grocery list and go shopping.** Having a list ups the odds that you come home with everything you need and prevents a second trip to the grocery store.
- 4. Portion out single servings into individual containers.** Remember to keep salad dressing in a separate container or if making a mason jar salad, pour the dressing into the jar first to prevent the lettuce from wilting.

Frequently Asked Questions:

How can I meal prep on a budget?

- Sign-up for a reward card at your grocery store to receive automatic deals.
- Plan recipes that have common ingredients so that your shopping list isn't as long.

Discussion Questions:

- How many of you meal prep right now?
- If not, what are the barriers stopping you?