ORCHARD ROCK

The Ultimate Guide to Meal Preparation for a Healthy Week

Plan Your Meals

Outline your menu for the week, including breakfast, lunch, dinner, and snacks.

Choose Balanced Recipes

Select recipes that incorporate lean proteins, whole grains, fruits, and vegetables.

Grocery Shop Smartly

Make a list based on your meal plan to avoid impulse buys and ensure you have all ingredients on hand.

Prep Ingredients

Wash, chop, and portion out ingredients in advance to streamline cooking during the week.

Cook in Batches

Prepare large batches of staple items like grains, proteins, and sauces to mix and match throughout the week.

Invest in Storage Containers

Use a variety of containers to store prepped ingredients and meals, ensuring freshness and easy access.

Label and Date Everything

Clearly label containers with contents and dates to track freshness and prevent food waste.

Stay Flexible

Adapt your meal plan as needed based on schedule changes or ingredient availability, but aim to stick to healthy choices.