

## **7 meal prep organisation tips you need RIGHT NOW**

Want to know our NUMBER ONE tip for staying on track with your [healthy eating](#) week to week? It's all about meal prep. Without preparation, it's all too easy to slip up and choose less than ideal foods.



Spending time during the week doing some big batch cooking and getting ahead with your meal prep can literally save you hours later on.

We were so inspired by the meal prep post on [our Facebook support group](#) by Rosanna Hayward on our plans that we just had to share her photo.

In one afternoon she managed to prep everything you see here (and there was more but she couldn't fit it in to the photo).

If you like the idea of being as super organised as this, follow our tips below which will help make healthy eating even easier.

## **1. Make your meal plan**

The first thing to do is to sit down and work out your meal plan for the week. This is simple if you are following the [28 Day Weight Loss Challenge](#) as you can just do it all online and print your shopping list.

## **2. Chop, chop, chop**



When you get home with all of your fresh produce, don't just pack it away. Pre-chop your fruit and veg and store them in plastic tubs in the fridge, to use in stir fries, casseroles and [Healthy Mummy Smoothies](#).



### 3. Make a few meals



Instead of making a big mess in the kitchen every night, why not make one big mess on the one day and pre-cook a few meals for the week? We love this [Bolognese recipe](#).

### 4. Cook some healthy protein

If you enjoy using shredded chicken or pulled beef in your salads or [sandwiches](#) for lunch, add this to your cook up too.

## 5. Prepare your snacks for the week



Having your healthy snacks ready to go in the fridge or freezer means you don't even have to think twice about what you are going to have for morning or afternoon tea. Think **muffins**, healthy dip, **bliss balls**, or yoghurt and berries.

## 6. Prep and freeze grains

Brown rice or quinoa can be made in advance. Simply make a double or triple batch, then portion it up into single serve or family size portions.

Once cooled, freeze. Then when you want to use it just defrost in the microwave and then reheat until steaming.

## 7. Get breakfast started

Try getting ahead with some pre-made breakfast recipes like **Chia Pudding** or **Overnight Oats**.

By implementing some of these time-saving tips you will be well on your way to enjoying a less stressful mealtime.