



Meal Prepping

Rachel Baca, MSII

What is Meal Prepping?

- Millennial term for “packing your lunch”



How much would it cost to get 3 meals/week from Happy Heart Bistro for 1 semester?

- ▶ A. \$155
- ▶ B. \$455
- ▶ C. \$655
- ▶ D. \$355



How much would it cost to get 3 meals/week from Happy Heart Bistro for 1 semester?

- ▶ A. \$155
- ▶ B. \$455
- ▶ C. \$655
- ▶ D. \$355



How many calories & mg of sodium are in 1 order of the “Beyond Veggie Burger” with French fries at Happy Heart Bistro?

- ▶ A. ~890 calories, 1550mg sodium
- ▶ B. ~570 calories, 650 mg sodium
- ▶ C. ~ 490 calories, 850mg sodium
- ▶ D. ~ 740 calories, 1250mg sodium

How many calories & mg of sodium are in 1 order of the “Beyond Veggie Burger” with French fries at Happy Heart Bistro?

- ▶ A. ~890 calories, 1550mg sodium
- ▶ B. ~570 calories, 650 mg sodium
- ▶ C. ~ 490 calories, 850mg sodium
- ▶ D. ~ 740 calories, 1250mg sodium

Why Do I Meal Prep?

- ▶ Save \$\$\$\$
- ▶ Save calories
- ▶ Save time
- ▶ Reduce stress
- ▶ Try out new recipes



Typical Week

- ▶ Sunday:
 - ▶ Plan out recipe for lunch, dinner for the week
 - ▶ Make grocery list
- ▶ Monday
 - ▶ Go grocery shopping
 - ▶ Meal prep:
 - ▶ Dinner that night + 3 lunches
 - ▶ Breakfast
- ▶ Each night
 - ▶ Make a quick dinner + breakfast for am
- ▶ Before lecture
 - ▶ Put already-made breakfast & lunch in lunchbox and eat at school



Alternative approaches

- ▶ Make a bunch of ingredients where you can assemble different meals throughout the week
 - ▶ Ex: Cook bulk ground turkey/beef, rice, and beans + chop lettuce/tomatoes, etc and assemble a burrito bowl
- ▶ HelloFresh, Blue Apron, etc



Rookie Mistakes

- ▶ Don't make food that won't last in the fridge for more than a few days
- ▶ Avoid SMELLY foods
 - ▶ Aim for colder meals that don't need reheating
 - ▶ Avoid cruciferous vegetables (broccoli, cauliflower, cabbage, etc)
 - ▶ Avoid fish
- ▶ Getting too fancy with it
 - ▶ Doesn't need to be Pinterest-perfect
 - ▶ Expensive, time-consuming, less likely to keep it up



What to make

- ▶ Do whatever fits your health goals, dietary restrictions, budget, cooking skills and time
- ▶ Great places for recipes:
 - ▶ Pinterest
(<https://www.pinterest.com/bacr130/meal-prep/>)
 - ▶ “easy meal prep”
 - ▶ “paleo lunch”
 - ▶ “high protein meal prep”
 - ▶ Instagram
 - ▶ #mealprep
 - ▶ Youtube
 - ▶ Cookbook
 - ▶ Online blogs



Ideas for Meal Prep

- | ► Protein | + | 1-2 Carbs | + | Fat |
|---|---|---|---|---|
| <ul style="list-style-type: none">• Chicken breasts (grilled, rotisseries, roasted, crockpot shredded)• Ground beef• Fish (ie. Salmon, shrimp tilapia, tuna)• Tofu• Tempeh• Eggs• Beans• Protein bar | | <ul style="list-style-type: none">• Allll the veggies• Rice• Potatoes• Quinoa• Beans• Tortillas• Bread• Pasta• Fruit• Crackers• Chips | | <ul style="list-style-type: none">• Avocado• Hummus• Salad• Dressing• Nuts• Nut butter• Olive oil |



Ideas for Meal Prep

- ▶ One-pot recipes
 - ▶ Pasta salads
 - ▶ Quinoa salads
 - ▶ Chili
- ▶ Snacks
 - ▶ Hard-boiled eggs
 - ▶ Pre-portioned pretzels, popcorn, dried chickpeas
 - ▶ Carrots & hummus
 - ▶ Fruit



Ideas for Meal Prep

- ▶ Breakfast
 - ▶ Overnight oats
 - ▶ Loaf of pumpkin/banana/zucchini bread + fruit
 - ▶ Quiche
 - ▶ Bake-ahead egg cups
 - ▶ Smoothie cups ready to blend
 - ▶ Chia seed pudding
 - ▶ Yogurt + fruit + granola



Why someone might struggle with Meal Prepping

- ▶ “I don’t have the time”
 - ▶ It seems like a lot of time upfront, but you save SO MUCH time throughout the week
- ▶ “I hate eating the same meal every day”
 - ▶ Switch it up from week to week
- ▶ “I’m not a very good cook”
 - ▶ Go for EASY recipes
 - ▶ Go for pre-made options: rotisserie chicken + crackers + baby carrots + hummus + piece of fruit, Greek yogurt + nuts



Random tips

- ▶ Get some good matching Tupperware
 - ▶ Amazon, Target, Walmart
 - ▶ Not necessary, save old jars & plastic containers
 - ▶ Glass keep food a little better, but plastic (BPA free) is fine
- ▶ Let food cool down before putting away
- ▶ Don't add sauces/dressings till day of
- ▶ Keep a list of recipes to go back to
- ▶ Make a list before grocery shopping
- ▶ Buy fruits and vegetables in season
- ▶ Don't grocery shop while hungry!



Overnight Protein Zoats

- ▶ 40g Rolled Oats
- ▶ 80g shredded zucchini (promise you cant taste it!)
- ▶ 30g protein powder of choice
- ▶ ½ cup (120g) unsweetened almond milk
- ▶ ½ cup berries of choice
- ▶ ½ Tbs (8g) walnuts
- ▶ ½ tsp (3g) dark chocolate chips

397 calories

33g protein/44g carbs/12g fat



Questions?

- ▶ Feel free reach out with your more specific questions!
 - ▶ rcbaca@salud.unm.edu
 - ▶ Special interest in macro counting and vegan/plant-based meals

