Meal Prepping
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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
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A. ~890 calories, 1550mg sodium
B. ~570 calories, 650 mg sodium
C. ~ 490 calories, 850mg sodium
D. ~ 740 calories, 1250mg sodium
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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/](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
  - Chicken breasts (grilled, rotisseries, roasted, crockpot shredded)
  - Ground beef
  - Fish (ie. Salmon, shrimp tilapia, tuna)
  - Tofu
  - Tempeh
  - Eggs
  - Beans
  - Protein bar
  - Allll the veggies
  - Rice
  - Potatoes
  - Quinoa
  - Beans
  - Tortillas
  - Bread
  - Pasta
  - Fruit
  - Crackers
  - Chips
  - 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 can’t 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