Meal Prep Tips

As personal trainers we must stay within our scope of practise and provide only basic nutrition advice. Registered Dieticians and Registered Holistic Nutritionists are highly educated and able to assess your individual situations and make recommendations for supplements and dietary changes. Contact: info@curtishealth.com for more information. Here are some tips that my Personal Training clients have found helpful – they may seem obvious, but are you using them?

- Make a grocery shopping list. Like a vacation, plan a bit before you go but allow for some spontaneity. Just pick 3 meals in advance that you want to make so you have all the ingredients, the rest will be similar each week.

- If weight loss is your goal, or time management is an issue; try on-line grocery shopping. You can start your order laying on your couch at 9pm on a Sunday and keep adding to it until Wed and pick up your groceries without getting out of your car – or have them delivered on Thursday. Your credit card is on file and you can stick to a budget by seeing your total before you click send. You can also set your preferences such as “bananas on the green side”. My store charges $3 for this service on weekends and free on Mon/Tues/Wed.

- When you unpack your groceries DEAL with them! Wash apples so they are ready to eat. Cut up carrots, celery, peppers to bite size pieces so they are grab and go for snacks. I even put some fresh berries in season immediately into small Tupperware containers for making smoothies. Cut lemons into wedges so you can put in water whenever you want.

- Hard boil a few eggs (put in water in pot and bring to a boil THEN put on timer for 15 mins, turn down temperature to a simmer or light boil, take lid half off). Run under cold water and PEEL the eggs, put in tupperware in fridge for up to 3 days. No one wants to peel eggs at work.

- When you are making dinner, make twice as much! If you are going to the effort of making a lasagne, meatloaf, vegetarian casserole etc make a larger portion and freeze half for a quick dinner on a busy night.

- If you are baking muffins or cookies, make more. Same amount of mess to clean up, takes only 5 minutes more and you can freeze for lunches. Or should I say, “hide in freezer”.

- No one wants to mix up a can of tuna at 6am. The night before when you are making dinner quickly mix up your tuna and put in Tupperware in fridge for your lunch the next day.

- Think salad (or veggies) and protein for lunches. Best to keep them separate until you eat them. Hate making salad? Get the ones that come in a bag and add your protein when you eat. If there is a fridge at work, use half the bag one day and half the next.

- Smoothies are a great grab and go breakfast or mid morning snack. I put the ingredients UNMIXED in the smoothie cup with the lid on, into the fridge the night before (yogurt on the bottom, frozen raspberries, cut up banana etc) then just add the water in the morning and blend.

- If you like oatmeal in the morning. Put the oatmeal in your bowl, fill up the kettle and check what is available in your freezer or fridge, like blueberries. Anything you can do to make your morning less stressful….including having your coffee on a timer!

- How many times have you heard your family open the fridge, stick their head in and announce, “there is nothing to eat!!”. Make a spot in the fridge for ready to go snacks in small clear containers. My kids used to get in the car after school and ask if I had any “emergency food”. I started keeping small power bars, little bags of nuts, and other snacks in my car for this reason. Did you know that you can cut protein bars in pieces and bake them into cookies? Cut them up small (8 pieces) and bake at 325F for about 4-5mins.

Run out of food? Forget your lunch at home? There are lots of healthy take-out food options. Try a wrap instead of a burger or a put your own salad together options are available. Healthy Grab and go may be a bit more expensive, but you are worth it!

Take a few minutes at the start of each week and at the end of each day to plan your meals and you will feel better, and probably save money too!