



11 PREP DAY IDEAS

These foods can be prepared ahead and will keep in the fridge for a few days for quick grab-and-go snacks or ingredients for meals in minutes.

1 BOIL EGGS

These will keep (shells on!) in your fridge for up to a week. Keep them separate from raw eggs to avoid any surprises.

2 WASH LETTUCE & OTHER GREENS

Keep them in an airtight container lined with paper towel.

3 WASH & CUT FRUIT

Such as melons, apples, pineapple or oranges. To keep apples from browning, put them with the oranges or brush them with a bit of lemon juice. Use within 3 - 4 days.

4 WASH & CUT VEGGIES

Such as carrots, peppers and celery. Eat as snacks or cut them small for stir-fries and soups. Use within 3 - 4 days.

5 ROAST VEGETABLES

Toss in olive or canola oil and roast at 400°F for 30 - 40 minutes. You'll be surprised at what you can roast - root vegetables, squash, broccoli, cauliflower and even radishes!

6 BAKE SWEET POTATOES OR POTATOES

Prick with a fork, rub with oil and tuck into the oven whole for about an hour at 350°F, depending on the size. You know they're done when a fork pierces through them easily.

7 COOK PULSES & LEGUMES

Simmer pre-soaked beans, pre-soaked chickpeas or lentils on the stove while you cook other foods. If you're not eating them right away, freeze them in 1 or 2 cup portions so they can be easily added to recipes. Or, keep canned ones in the pantry.

8 COOK WHOLE GRAINS

Simmer barley, quinoa, brown rice or wheat berries on the stove while you cook other foods. If you have a rice cooker, you can cook grains like barley and quinoa in it, which also use a 2:1 water-to-grain ratio.

9 MAKE PORRIDGE

Meal prep isn't just for dinner! Cook a big batch of oatmeal or other hot cereal, or prepare overnight oats to make mornings a breeze.

10 MAKE HOMEMADE SALAD DRESSINGS

Shake these up in a mason jar to save yourself a few dishes.

11 BATCH COOK SOUP, CHILI OR STEW

And freeze in single servings! Here are two recipe ideas:

upbeet.ca/2013/10/14/curried-coconut-turkey-chowder/

upbeet.ca/2013/03/21/butternut-squash-dahl/