

MEAL 'PREP'

Guide on how to simplify food preparation





Let's Start

Meal preparation happens well before it is time to cook your meals. There is an important planning process that takes place beforehand which can simplify, save time and be cost effective.

"If you fail to plan, you are planning to fail!"
Benjamin Franklin

It may seem like a lot of work in the beginning and to an extent it is but you are laying down the foundations in creating your own system that will work to your advantage in the long run

This guide will cover those areas to help you eat more healthy nutritious meals that have been prepared by yourself. Even when time, money or both is short.

Enjoy!



Equipment

To help utilise your time effectively having the right kitchen tools can make the world of difference when preparing your meals

Blender

Different cup sizes and a powerful motor helps blend to a variety of textures

Sharpened kitchen knives

Useful for swift chopping, slicing and cutting

Rice Cooker

Can be alternatively used to cook grains and beans

Cooking utensils

Sounds obvious but stirring soup with a spatula isn't quite the same.

Non-stick Pans

The less scrubbing to do the better

Measuring Cups

Great for portioning and measuring out food

Colander & Sieve

For easy washing of grains, fruit and vegetables

Storage Containers

Choose a range of sizes to store leftovers and carry meals

Slicers

Handy tools that slice fruit and vegetables in one movement

Storage Clips

To retain the freshness of food



Apple Slicer



Measuring Cups



Sieve



Colander



Rice Cooker



Blender



Planning

To avoid buying excess food and ending up with wasted food. We've listed a few helpful steps to take before hitting the shops

Step 1

Make an Inventory by checking the cupboards, the fridge, the freezer

Step 2

From your ingredients have a think about what recipes you can put together. Visit our site revivedlotus.co.uk for meal inspiration

Step 3

Using a meal planner write out your daily meals and snacks. This helps you work out how many portions you will need.

Make sure to take into consideration planned events that include food.

Step 4

Have a flexible approach with your Meal Planning. By switching meals around if you don't feel like eating a particular meal that day.

Step 4

From the inventory list (Step 1) start putting together your shopping list of recipe ingredients


Step 5

Include an at home take-away option

You may want a change from what you have prepared.

Buy easy to make take-away ingredients.

Example veggie burgers with plant-based cheese and sweet potato fries



Remember to check the staples oil, salt pepper, seasonings baking paper, foil etc



TIME & MONEY TIPS

PLANNING & SHOPPING

- 1) Whether shopping online or offline check supermarket websites ahead of time to see any special offers on the produce that you need. [mysupermarket.com](https://www.mysupermarket.com) is great for this (UK)
- 2) Find out your local supermarket for mark down times. Brown bananas are perfect for baking and smoothies
- 3) Stick to your core list while shopping
- 4) Farmers markets are great for fresh, local, in season produce.
- 5) Green grocers often have a wide selection and exotic options.

PREPARATION & COOKING

- 1) Put older items to the front so that they are used up first.
- 2) Plan recipes around meals that can be bulk made such as Stews, Grains, Soups which are perfect.
- 3) Plant-based ingredients are versatile and can be easily substituted with one another such as Kale and Spinach.
- 4) Salads and fresh vegetables are better made on the day or day before to retain freshness.
- 5) Freeze meals having a tasty healthy recipe to hand on the ingredients that you need.
- 6) Using the planner to help avoid eating the same meal twice in a row. (unless that's your preference)



Preparation

Right it's what you have been waiting for it's time to get stuck in

- 1) Chose your preparation day with time for cleaning
- 2) Lay down newspaper on your preparation area.
- 3) Have your waste and recycling bin nearby to dispose of rubbish straight away.
- 4) Prepare same ingredients together and portion out. Example if you are including spinach in a few of your recipes wash it all at once and portion out for each recipe.
- 5) Cook your grains in the background while you are preparing the rest of the recipes. A rice cooker is great for this as it needs minimum attention.
- 6) Wash up pots, pans, equipment as you go along and put them away. If you have a dishwasher even better!
- 7) Portion out the food into your meal prep containers as soon as they are cooked. Placing any leftovers into smaller containers
- 8) While the food is cooling down. Tidy up your work surface which should be clear as the newspaper collected the mess.
- 9) For an easy grab and go. Stack all daily food that need to be refrigerated together.
- 10) Freeze meals needed for after 3 days to keep it's freshness.



Well Done!

It may feel like you just prepared enough food for England's football team but you have just done yourself a service. By creating nutritious and healthy recipes to hand you have saved saving yourself time, money and giving your body what it needs to REVIVE & THRIVE.

It's good to make a note of the recipes that you make as the weeks go on you will find that you have built quite a selection.



MED VEG QUINOA



Overnight Berry Oats



Chipotle Veggie Chilli

For more recipes and
information visit
www.revivedlotus.co.uk

Meal Planner

	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Snacks

What we offer to help you along your
journey

Recipes
Guides
Workshops
Resources
Products
Services

If you would like more information about
how we can help please get in touch
wellbeing@revivedlotus.co.uk



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