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Healthy meal prep 101

By

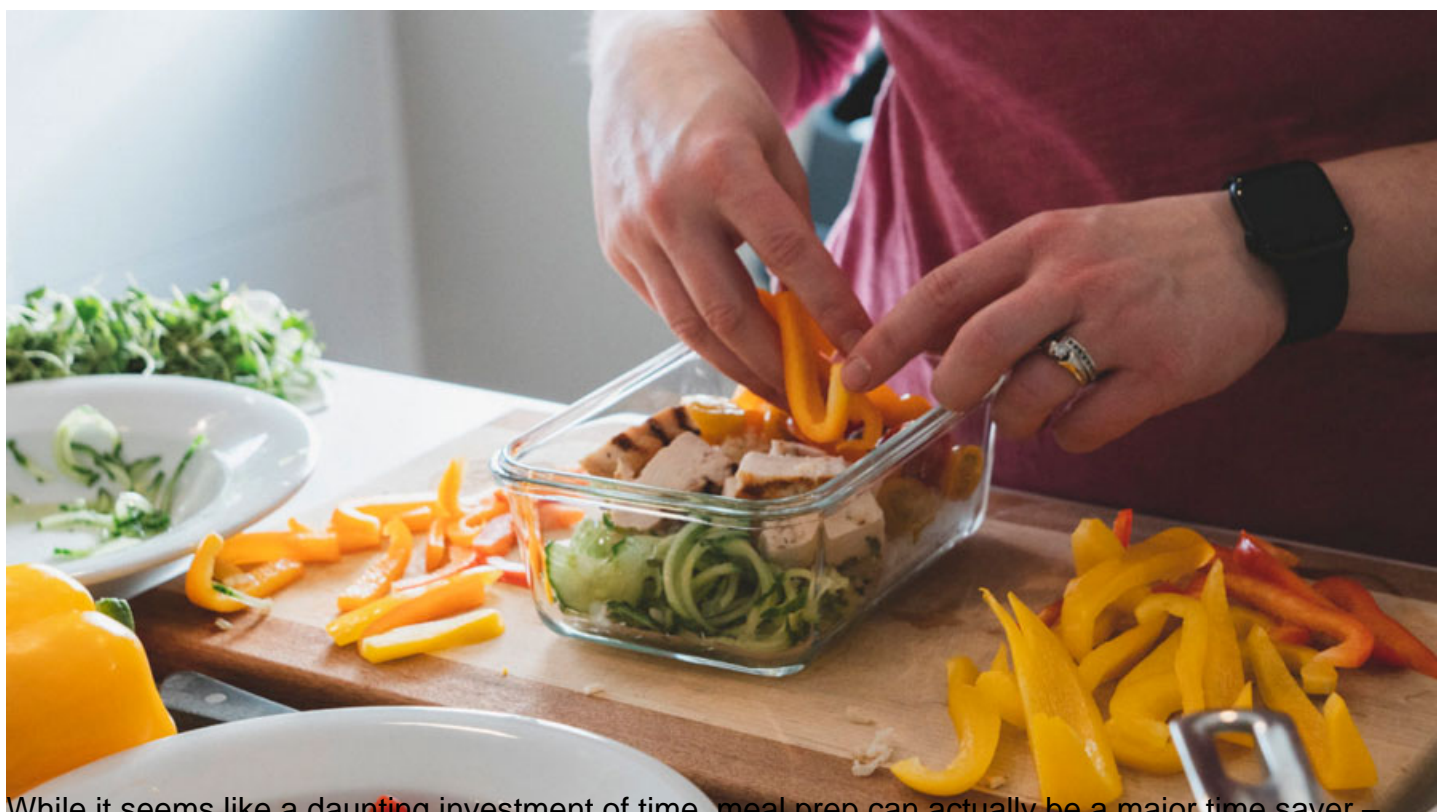
Pure Flavor® and Joy Monnerjahn

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Learn some simple steps to start planning healthy meals for your family.

More than just a food trend, healthy meal prep is a nutritious and time-saving way to make delicious, homemade food that you will want to eat every day. It will save you time and energy, plus the end results can look impressive too! Meal prep doesn't require complicated planning or fancy tools. All you need is time and some go-to recipes in your back pocket, like this [Lemon Herb Couscous](#). This beginner's guide on how to meal prep will teach you the basics and set you on the right path to regaining time and sanity.

Meal prep is exactly what it sounds like. It involves creating a meal plan for the week, creating a detailed shopping list, and then preparing a variety of ingredients ahead of time so that everything is ready to go when you start cooking. It can also include making foods ahead of time, in large quantities, so that you can quickly package it up and take it along with you wherever you go.



While it seems like a daunting investment of time, meal prep can actually be a major time saver – especially on those days where you overslept and don't have time to make a lunch from scratch! Not only does it save time, it also saves money and reduces food waste. Preparing meals early in the week gives you total control over what goes into your food too, so it's extra healthy! You know all the ingredients and everything is prepared fresh, so there are no hidden preservatives. It's also easier to

control portions and focus on healthy recipes, therefore avoiding the temptation to order take-out when you don't know what to do for lunch or dinner.

Once you have a healthy meal plan in place and some dedicated time every week, you are well on your way to setting yourself up for success. Before starting to plan your meals, there are a few different types of meal prep you should know about and depending on your situation, one or more might be appropriate to incorporate into your lifestyle.



Healthy meal prep starts with choosing some of your favorite recipes that you already enjoy as leftovers and can cook with ease. From there, you can branch out with new recipes and food pairings. There's no shame in keeping it simple to start with!

With simple recipes in hand, decide what you'll cook for the week and then schedule the days of the week when you want to enjoy your meals. You can start by just planning out dinners before gradually adding in lunches and even breakfast too! If you want to jump right in with planning out all your meals, we recommend that you start by making a large batch of a nutrient packed recipe that will hold up well in the fridge for the entire week – like Lemon Herb Couscous.

This incredibly simple recipe features Pure Flavor® [Juno® Bites Red Grape Tomatoes](#) and [Mini Cucumbers](#). First you add all of the ingredients for the lemon vinaigrette into a jar and shake until it's well emulsified. Then combine the couscous with your freshly chopped veggies, top with the vinaigrette, and then gently toss. It's really that simple. You would store this in a large, airtight container in the fridge or you can opt to portion it out into single servings.



Healthy meal prep can be an easy way to make a busy life easier all the while helping to meet your health goals and nutrition requirements. The key is to keep it simple, stick to your plan and make sure you have everything you need on hand for the week.

For Joy's full [Lemon Herb Couscous recipe](#), click here.

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