



NJ Weight Loss
Doctors

Meal Prep





Starting to meal prep

Meal prep might appear time-consuming if you have never done it,

BUT once you start it can save you:

- Time
- Money
- Calories



Shopping day

- ❖ Choose a day and time each week to do grocery shopping
- ❖ Make a list before you go shopping (we provide a shopping list in the nutrition handbook)
- ❖ Shop the perimeter of the store where the majority of the healthier foods are:



Produce

- ❖ Fresh fruit
- ❖ Fresh vegetables
- ❖ Look for in-season produce for best prices
- ❖ In-season produce also has greater nutritional value!



Freezer section

- ❖ Frozen fruit
- ❖ Frozen vegetables
- ❖ Frozen fish
 - look for 'frozen at sea' for the freshest fish



Refrigerated section

Yogurt

Cottage cheese

Skim milk

Tofu

Eggs

Hummus





Don't forget to shop healthy shelf-stable foods

Canned fish

Dried or canned beans

Nuts and seeds

Whole grains products

Herbs and spices

Salsa, other healthy flavorings

Oil and vinegar (it's easy, healthier and less expensive to make own dressing)



Once you get home from shopping:

- ❖ Cut and wash vegetables and some fruits for the week
 - For snacking
 - To be cooked in recipes
- ❖ Portion out protein, fruits, vegetables and whole grains
- ❖ Include one or two servings of healthy fats
- ❖ Glass or plastic storage containers



Healthier ways to cook

- ❖ Grill
- ❖ Air fryer
- ❖ Pressure cooker
- ❖ Bake
- ❖ Broil



*Tip: Double or triple a recipe to have leftovers for lunch or dinner and freeze some for later.

References

<https://www.webmd.com/food-recipes/ss/slideshow-advanced-meal-prep-tips>
<https://www.healthline.com/nutrition/how-to-meal-prep#time-management>

