

MEAL PREP STRATEGIES

PLANNING AHEAD

- ☐ Write down 3–4 meals for the week instead of trying to plan everything.
 - ☐ Pick a theme night (taco bowls, sheet pan Thursday, soup Sunday) to simplify choices.
 - ☐ Plan around your busiest nights first—those are the ones where prep saves you.
 - ☐ Keep a “go-to meal list” of 5 quick dinners you always enjoy.
 - ☐ Build meals around versatile staples (like chickpeas, ground beef, or rotisserie chicken).
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SHOPPING SMART

- ☐ Make a grocery list based on your plan—no guessing at the store.
 - ☐ Shop the perimeter of the store first to grab fresh foods.
 - ☐ Buy pre-chopped produce if it makes prep more doable.
 - ☐ Stick to 2–3 proteins and 2–3 vegetables to reduce decision fatigue.
 - ☐ Stock frozen veggies and fruits—they’re just as nutritious and last longer.
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BATCH COOKING

- ☐ Cook once, eat twice—always make double portions of dinner.
- ☐ Roast two sheet pans of veggies at once—different seasonings, same oven time. Check your [oxalate list](#) for all you can eat!
- ☐ Batch cook proteins (like chicken breasts, ground turkey, or fish).
- ☐ Cook grains like rice, cous cous, or barley in bulk and freeze portions.
- ☐ Make one “anchor dish” (like chili or stew) and stretch it into multiple meals.

BREAKFAST & SNACKS

- ☐ Prep overnight oats or breakfast parfaits for grab-and-go breakfasts.
 - ☐ Make a tray of egg muffins and keep them in the fridge.
 - ☐ Portion yogurt with fruit and nuts into containers.
 - ☐ Grab and go KSD safe protein bars.
 - ☐ Slice fruit right after shopping so it's ready.
 - ☐ Bag single servings of nuts, popcorn, or veggies for quick snacks.
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FREEZER FRIENDS

- ☐ Keep freezer bags of chopped veggies ready for stir-fries.
 - ☐ Freeze extra portions of soup or chili for future nights.
 - ☐ Make smoothie packs in freezer bags—add liquid.
 - ☐ Store cooked protein (like shredded chicken) in freezer portions.
 - ☐ Label freezer containers with dates so nothing goes to waste.
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MAKING IT EASY

- ☐ Use slow cookers or Instant Pots to do the work while you're busy.
- ☐ Stick to 5-ingredient recipes when you're pressed for time.
- ☐ Choose one-pot or sheet pan meals to cut down on dishes.
- ☐ Prep in stages—chop veggies today, cook protein tomorrow.
- ☐ Invest in clear storage containers so you can see what's ready.

MINDSET SHIFTS

- ☐ Start small—prep just one meal instead of the whole week.
 - ☐ Focus on progress, not perfection (even one prepped dish helps).
 - ☐ Accept repeats—it's okay to eat the same meal twice.
 - ☐ Don't let social media fool you—meal prep doesn't have to be pretty.
 - ☐ Celebrate small wins (like grabbing a prepped snack instead of chips).
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FAMILY & SUPPORT

- ☐ Share the load—get kids or partners involved in chopping or portioning.
 - ☐ Assign one family member to choose a “meal of the week.”
 - ☐ Make meal prep social—invite a friend and cook together.
 - ☐ Teach older kids simple prep tasks so you're not alone.
 - ☐ Trade meals with a friend—double a recipe and swap portions.
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TIME SAVERS

- ☐ Wash produce right after shopping so it's ready to use.
- ☐ Keep a prep basket in the fridge with ready-to-go items.
- ☐ Chop extra onions or peppers and store for later meals.
- ☐ Use rotisserie chicken as a shortcut for recipes.
- ☐ Cook while you're already in the kitchen—multitask roasting or boiling.

✱ For more ideas and inspiration, check out my [Weekly Meal Plans!](#)