

COMPLETE MEAL PREP

GUIDE

25 RECIPES

**25+ RECIPES
PLUS EVERYTHING
you need to make
meal prepping
A BREEZE!**



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WELCOME



Welcome to THE HEALTHY MUMMY COMPLETE MEAL PREP GUIDE!

As busy mums, we all have plenty on our to-do lists. Wanting and maintaining a lifestyle full of healthy homemade meals that please the whole family can sometimes seem like an impossible task.

At The Healthy Mummy, we know that one of the key ways to reach your weight-loss goals is to ensure you are regularly prepping and eating healthy meals, so you save time and money.

We've put together this Meal Prep Your Way to Weight Loss guide to show you how becoming a meal-prepping professional will help you succeed with your healthy lifestyle goals.

We've included loads of tips, tricks, information and common pitfalls when it comes to meal prep, plus an insight into how other busy mums, who follow The Healthy Mummy plans, have reached their weight-loss goals using meal prep as their weapon.

Some of our favourite meal-prep and budget-friendly recipes are also included to help you get started trying out your first few preparation sessions.

Meal prep will save you time, save you money and most importantly keep you on track to reach your weight-loss goals to become a healthier, happier you in no time at all.

Rhian

& THE HEALTHY MUMMY TEAM



THE HEALTHY MUMMY

MEAL PREP PROS

THIS MUM SPENT £109 AND MADE 122 MEALS AT 88 PENCE PER MEAL!

As well as saving you time and keeping you on track with your weight loss goals, meal prepping also saves you heaps of money! Read how Kaitie Pursell has lost 3.4 stone following The Healthy Mummy plans including the 28 Day Weight Loss Challenge and how she made 122 meals for only 88 pence per meal.

Kaitie Pursell decided to set herself the enormous challenge of seeing how many recipes from the 28 Day Weight Loss Challenge she could make for just **£109** – and the results are STAGGERING!

For this amount of money, Kaitie was able to make **122 MEALS** – which works out as **17 WEEKS' WORTH** of dinners AND **88 PENCE PER MEAL!!!!** (For one day of prep, she doesn't need to return to her kitchen again for months!)

"I wanted to make a batch of meals in one go and wondered how many recipes I could make from The 28 Day Weight Loss Challenge" says Kaitie. "In one day (with the help of two little helpers) I made 122 meals! I don't have to cook for weeks now!"



KAITIE LOST 3.4 STONE
SEE HER STORY ON PAGE 6

CHALLENGE



THE HEALTHY MUMMY

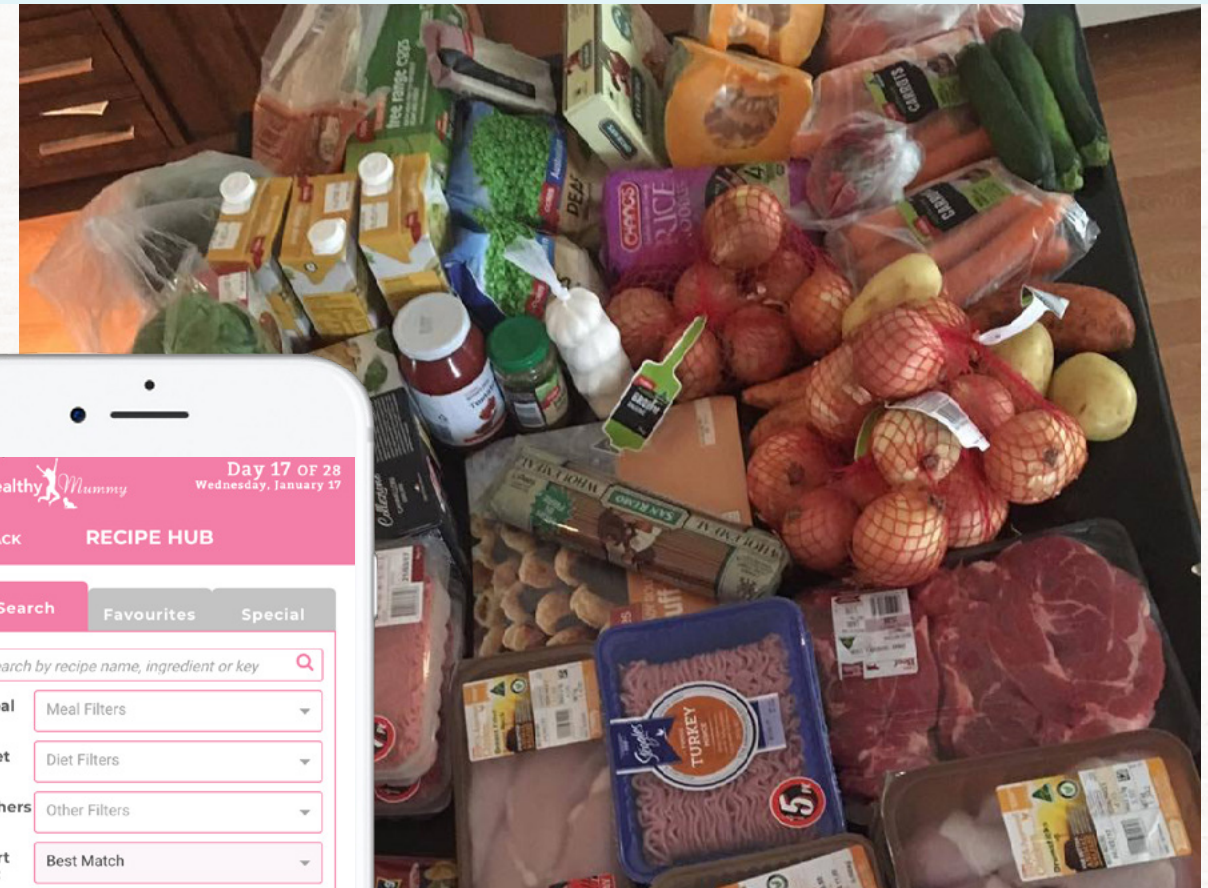
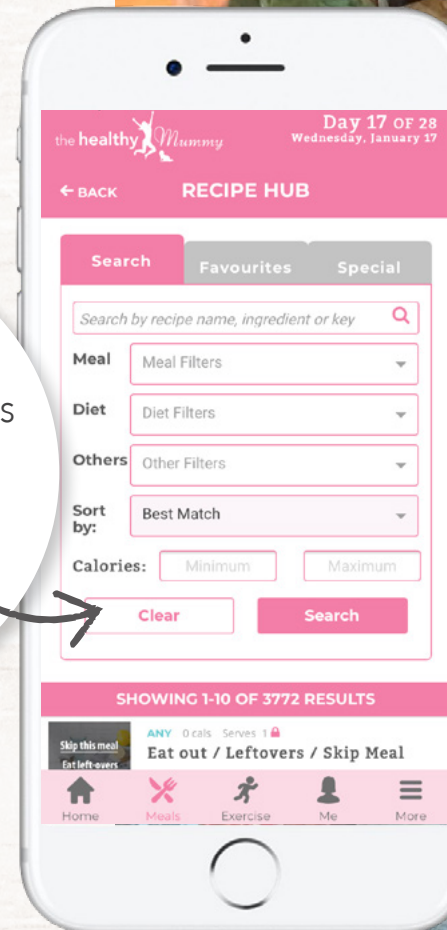
MEAL PREP PROS

WHAT KAITIE MADE ALL FOR UNDER A TOTAL OF £109!

- Speedy Spinach and Ricotta Cannelloni x 7
- Thai Style Sausage Rolls x 16
- Chicken & Chorizo Pasta x 6
- Beef San Choy Bow x 10
- Cashew Fried Rice x 4
- Chicken and Vegetable Lasagna x 6
- Chinese Beef & Broccoli with Soba Noddles x 4
- Curried Beef With Peas x 6
- Pesto Spinach and Ricotta Rolls x 8
- Dijon Herb Chicken x 8
- Lentil Bolognese x 6
- Mexican Lasagna x 8
- Rosemary Roast Pumpkin Soup x 6
- Satay Fried Rice with egg x 6
- Slow Cooked Chicken Tikka Masala x 6
- Spanish Rice with Chorizo x 7
- Shepherds Pie x 8

You can find these meals
in the **28 Day Weight
Loss Challenge App**

☞ Kaitie says that "Meal prep has helped so much in my weight loss journey. I am a busy mum of two on a tight budget, and always having a freezer full of meals and snacks saves me from skipping meals or grabbing takeaway on nights where time is limited. It absolutely keeps me on track!"



THE HEALTHY MUMMY

MEAL PREP PROS

To see how meal prepping can help you reach your weight-loss goals, read these stories from some of our finest meal prep professionals. They've used meal prep as their weapon for weight loss and continue to use these skills to maintain their healthy lifestyles.

See how they did it and get some tips to see how you can meal prep on a budget for your own weight loss success!

KAITIE PURSELL

LOST 3.4ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

"Meal prepping has helped so much in my weight loss journey. I am a busy mum of two on a tight budget, and always having a freezer full of meals and snacks saves me from skipping meals or grabbing takeaway on nights where time is limited. It absolutely keeps me on track!"

MEAL PREP ON A BUDGET TIPS

- Always have something in the slow cooker.
- Bulk up all mince dishes with lentils and grated vegetables.
- Use seasonal vegetables and shop specials.
- Have a weekly meal plan like those from the **28 Day Weight Loss Challenge** and stick to it!



NIKOLA GREEN

LOST 2.9ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

"Meal prepping helps me reach my goals because I'm prepared so I won't eat things I shouldn't or go off track. I'm not starving myself or skipping meals as I have food prepared and ready to eat."

MEAL PREP ON A BUDGET TIPS

- Utilise what you have in the pantry/fridge first. The **28 Day Weight Loss Challenge App** is great for searching for a particular ingredient and finding related recipes.
- Plan so when it comes to shopping you are only buying food that you actually need and will use.
- Customise your meal plan. Use chicken breast instead of expensive seafood.



CLARE POOLE

LOST 3.4ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

"Meal prepping has been important in helping me reach my goals. I always have healthy snacks on hand which means I'm not reaching for junk food snacks. Meal prepping means I have no excuses to not stay on track."

MEAL PREP ON A BUDGET TIPS

- Customise your meal plan with the **28 Day Weight Loss Challenge App** and repeat meals so you don't need to buy as many ingredients.
- Find recipes where you already have nearly all of the ingredients so you're not buying new items all the time.
- If something is on special stock up!



SASCHA FARLEY

LOST 4.1ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

"Meal prepping has been one of the main keys to my success not only for staying on track but for staying on budget. Meal prep means there is always a back up for 'one of those days'!"

MEAL PREP ON A BUDGET TIPS

- Repeat recipes, what's for dinner is lunch the next day.
- Freeze everything that's spare, even veggies - you'll need it.
- When customising your **28 Day Weight Loss Challenge meal plans**, pick recipes that use different methods of cooking so you can have it all going at once and be prepared quicker.



STEPHANIE MARRIOTT

LOST 2.13ST USING THE 28 DAY WEIGHT LOSS CHALLENGE

"Meal prepping helps me reach my goals by always having a good choice on hand. I don't need to buy takeaway when I don't feel like cooking and I save money."

MEAL PREP ON A BUDGET TIPS

- Vegetarian recipes are generally cheaper to make.
- Buy meat in bulk and freeze in the required portion sizes.
- Bulk cook rice, freeze in portions in a zip lock bag for a 'quick 60 second rice'.
- Shop at farmer's markets or fruit and vegetable stores for better and cheaper produce.
- Find recipes using similar ingredients.



MEAL-PREPPING

ESSENTIALS

Feeling overwhelmed with what to cook for dinner and how to ensure it's healthy for you and your family? The best way to meet your healthy eating goals is to up your game in meal planning and prepping. Get organised and reduce your stress levels at meal times.

Here are our top tips to keep you on track.

1. WHAT IS ON YOUR MEAL PLAN?

This is the critical first step to meal prepping – what are you planning on cooking? Sounds simple. It is, so it's important to do it. Skipping this step will not help you reach your healthy-eating goals. **The 28 Day Weight Loss Challenge App** makes it so easy for you to customise your weekly meal plans, choose from thousands of delicious, easy-to-prepare recipes and make your weekly meal plan suit you and your family, your budget and your time commitments.

2. DESIGNATE MEAL PREP DAYS

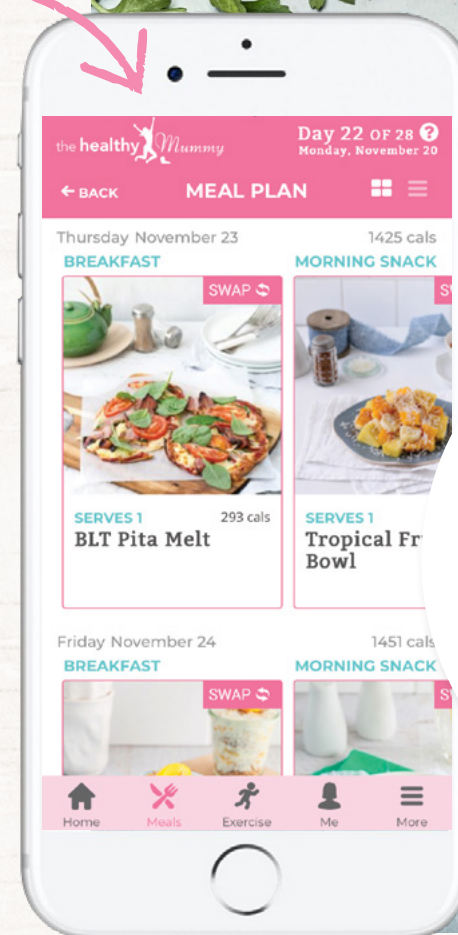
This is important not only from a sanity perspective but also from a food safety perspective. If you cook chicken on a Sunday and store it properly in the fridge, it will most probably keep until Wednesday. Therefore, it wouldn't be wise to cook all of the chicken on Sunday for a Friday-night meal.

Once you know when you would like to eat each meal, you can designate the days of meal prepping. Generally, it's great to try to set aside a couple of hours aside on a Sunday for these tasks, and once again midweek.

Take a look at the food storage info in this guide so you know how long different foods can be kept for.

3. THINK SIMPLE

You don't have to create involved, detailed meals. Healthy eating can be as simple as a salad or veggies and some grilled meat on the barbeque. Choose lean meats that can be grilled quickly and pair with one of the healthy and simple salads from the 28 Day Weight Loss Challenge for a speedy, nutritious meal.



Find out how the
**28 Day Weight Loss
Challenge App**
can be your ultimate
meal prep companion
on **Page 10**

MEAL-PREPPING

ESSENTIALS

4. INCLUDE DIFFERENT COOKING METHODS DURING MEAL PREP TIME

This is so you can divide and conquer your meal prepping. For instance, if all of your meals are 15-minute salads, you're not able to prep as much as if you have two salads, two slow-cooked meals and one oven-baked meal. While you're prepping the salad meals, you can have one of the slow-cooker meals on in the background and one of the meals in the oven. Use your time efficiently.

5. PREP INGREDIENTS AS WELL AS FULL MEALS

Sometimes you won't have time to prepare full meals during your allocated prep sessions. If that's the case, pull out certain ingredients that you can prepare in advance. Spend some time:

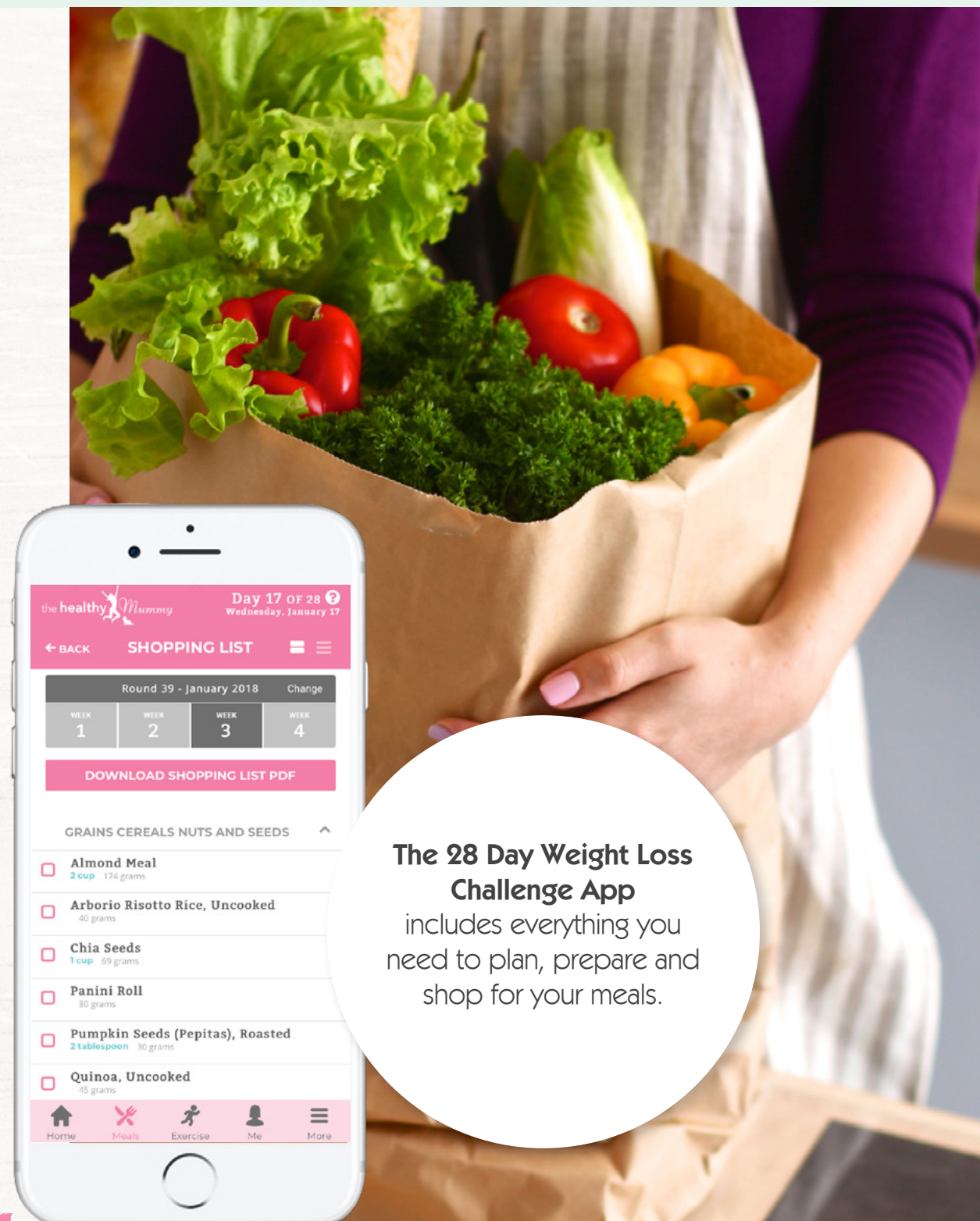
- cooking chicken or meats
- making sauces or dressings
- roasting vegetables
- slicing vegetables for snacks or salads
- preparing rice, quinoa and pasta

6. PREP MORE THAN JUST DINNER

We often think about preparing dinner as our focus, but you can and should include preparation of other meals and snacks for those days you know you'll be extra busy or it will be difficult for you to access healthy foods. By preparing breakfasts, lunches and snacks as well as dinner, you will have a better chance of eating well and sticking ingredients in zip-lock bags to whizz up first thing in the morning for breakfast or having chopped carrots on hand for snack time.

7. MAKE SHOPPING EASY

From a food shopping perspective, think about ways to make this really easy for you. Can you use the services of an online shopping delivery service? Most of the large supermarkets offer this service as well as local fruit and veg shops and even the butcher. If not, plan which day of the week you will do your main shop and schedule in another time midweek to pick up some extra fresh produce for your end-of-the-week meals.



MEAL-PREPPING

👉 ESSENTIALS

The 28 Day Weight Loss Challenge App creates shopping lists to suit your customised meal plans. Grocery shopping is an important part of the preparation, to ensure the healthy foods you need for your meal plans are available for you to prepare and eat. Make it as easy as possible.

8. LABEL WHAT YOU'VE PREPARED

Once you've become a meal-prepping pro and your fridge and freezer start to fill up with all the goodies you've made, ensure you label your containers with what is inside, when it was cooked and when it should be eaten by. This will help you keep track of what you have available and avoid any food waste. There are lots of labelling products available these days... make it easy by writing your labels on paper and cello-taping them on the containers.

9. MEAL PREP SUMMARY

Once you've prepared all the components for your meals, write a list of what you have available and which meals they are to be used in. For example, if you have cooked off some chicken breast fillets on a Sunday, list which recipes to use these in from Sunday to Wednesday. Then each day when you are assembling your meals you know what you have available and what needs to be used up to avoid food waste.

10. OUTSOURCE

Get help with your meal prepping or make meals in bulk to swap with a friend or neighbour, eg. you make double the pasta sauce to give your friend half and they give you a frittata they've made extra of. Get your partner and kids involved, too. Encouraging children to help with meal prep is fun for them but also wonderfully rewarding and helpful in teaching and raising children who can look after themselves and appreciate healthy foods. Even if it is as simple as washing the salad leaves or peeling the carrots, get everyone involved.



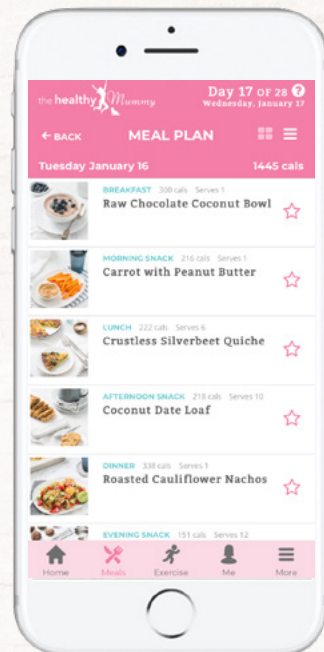
THE 28 DAY WEIGHT LOSS CHALLENGE APP

👉 YOUR ULTIMATE MEAL-PREP COMPANION

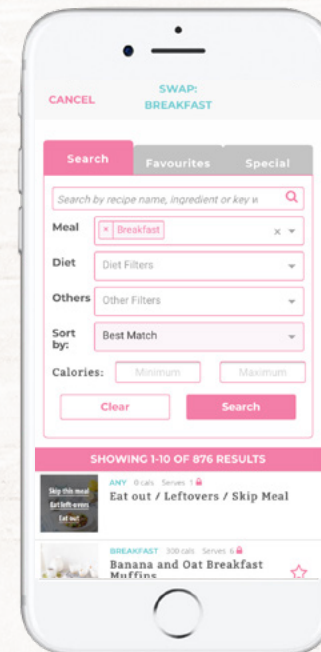
All of this can seem overwhelming, which is why we made the **28 Day Weight Loss Challenge App**. It's a one-stop shop when it comes to planning, recipe choice, creating shopping lists and customisation to suit personal tastes, dietary requirements and budgets.

Made specially for busy mums, this app has meal plans, recipes, support and full-length workout videos. Think of it as your personal trainer, dietitian, kitchen assistant, meal planner and motivational coach in your pocket!

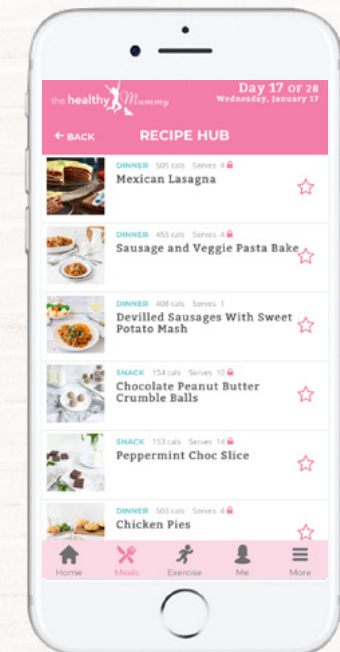
- Weekly meal plans are provided, which can be easily customised to suit your needs and those of your family.



- Customise your weekly meal plan then choose which recipes you're going to prep in advance. Many recipes include tips on which parts are great to prepare ahead of time, refrigerate or freeze.



- There are more than 4000 recipes to choose from including breakfasts, lunches, dinners, snacks, smoothies and desserts. You will never be bored!



- 👉 **Recipes are easy to prepare, budget-, breastfeeding- and family-friendly, and taste great.** There are loads of healthy versions of family favourites, so nobody misses out.
- 👉 **Recipes stay open on your device** so you don't need to use messy fingers to continually unlock it. Just like a printed cookbook.
- 👉 Print out your meal plans to stick to your fridge, the recipes for step-by-step instructions and shopping lists to take to the supermarket. Or forget the paper and follow **everything you need within the app**.
- 👉 **New meal plans are released each week** with more than 100 new recipes every month, ensuring you have loads of meal-prepping choices to keep your healthy eating interesting.

MEAL-PREPPING

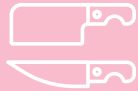
KEY UTENSILS

☞ To ensure meal prepping is easy and saves you lots of time, start by sorting out your kitchen. You can't possibly expect to prepare a quick, healthy meal if you need to spend 15 minutes looking for a saucepan.

☞ Sort out the cupboards and drawers well in advance so that you know where all your utensils and equipment are – and be sure to put them back in the same place, too.

☞ When you're about to start your meal prep, get out all the equipment and utensils you'll need beforehand.

Key meal-prepping utensils and equipment include:

	A food processor	It doesn't have to be an expensive one but they do make dicing and slicing veggies and other ingredients a lot faster, rather than chopping everything by hand.
	A blender	Whether it's a benchtop option or a stick blender, they are great to blitz up soups, smoothies, desserts, snacks, pancake batters etc.
	A kettle	if you need to boil pasta, rice or quinoa and blanch veggies, make these processes faster by pre-boiling the water in a kettle first. Continue to boil in a saucepan on the stovetop.
	Sharp knives	Meal prep is a lot faster if your knives are sharp and ready for action.
	Clean pots and pans	After each meal-prep session, clean your pots, pans and utensils well and store for their next use. Starting off needing to do a load of dishes and lots of scrubbing isn't fun for anyone!
	Storage containers	There's no point prepping loads of meals if you can't store them easily and effectively in the fridge or freezer. You don't need expensive containers just ones that can stack easily and seal well. Zip-lock bags are great for sauces, stews and soups because you can lay them flat in the freezer to store more and they also make defrosting faster.

FOOD STORAGE 101

👉 WHEN MEAL PREPPING

Prepping your meals and snacks in advance means quicker assembly come meal time. It also means leftovers, which is incredibly helpful in bustling family life. But, with storing foods that have been cooked or prepared, we need to take into consideration how long they can be kept in the fridge or freezer to avoid any food safety issues or sickness. Here are a few rules to follow:

- Cold foods need to be kept below 5°C.
- Frozen foods should be kept below -18°C.
- When packing up foods to store, make sure they aren't steaming. Lay them flat in a container to cool quickly (especially important with foods such as rice).
- Don't overcrowd your fridge; ensure there's adequate air flow to cool the foods.
- When storing foods in your refrigerator, store cooked items at the top and raw ones at the bottom.
- Check the fridge each week and throw out any food that should be discarded.
- When you store cooked food as leftovers, they are only to be reheated once.

INGREDIENTS	STORAGE TIME IN THE FRIDGE	COMMENTS
COOKED SEAFOOD	2 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED MEATS	2-4 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED POULTRY	3 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming.
COOKED RICE	1 DAY	It is important with rice that you lay it flat in a container so that it can cool quickly. Rice is susceptible to spore build-up of bacillus cereus which can make you ill. When you are ready to eat it, make sure you heat until steaming. Do not refrigerate any additional leftovers.
COOKED PASTA	3 DAYS	Store in an airtight container and if you are going to eat cold, this is fine. If you are going to eat hot, make sure you reheat until steaming. Do not refrigerate any additional leftovers.
COOKED MUFFINS	5 DAYS	This timeline is based more on food quality rather than food safety. The fridge is dehydrating, which dries the product out. These are best stored in the freezer.
CHOPPED RAW VEGGIES	2 DAYS	Surprisingly, veggies that are cut are susceptible to foodborne illness, especially if you are going to eat them as a salad with no further cooking step. The reason diced vegetables in the supermarket keep for longer is because they are often flushed with a gas which stops the growth of organisms. If you are going to cook the veggies, it won't be as much of an issue but it is better to be on the safe side. The quality of the vegetable will also deteriorate because the fridge is dehydrating, which dries the product out.

INGREDIENTS	STORAGE TIME IN THE FREEZER	COMMENTS
MEAT	3-6 MONTHS	Meat will store in the freezer for longer than this time, but the quality will be affected by the freezing process. If you are storing raw meat, make sure you place it in the freezer before the use-by date. When you defrost the meat, aim to use it within that 24 hours. It is important when defrosting meat, that it is done safely, either in the fridge or using the microwave. Do not leave it out on the bench.
POULTRY	6-12 MONTHS	Poultry will store in the freezer for longer than this time, but the quality will be affected by the freezing process. If you are storing raw meat, make sure you place it in the freezer before the use-by date. When you defrost the meat, aim to use it within that 24 hours. It is important when defrosting meat, that it is done safely, either in the fridge or using the microwave. Do not leave it out on the bench.
COOKED RICE	1-2 MONTHS	This timeline is driven by food quality rather than food safety. Rice is susceptible to spore build up of bacillus cereus which can make you ill. When you are ready to eat it, make sure you reheat until steaming.
COOKED PASTA	1-2 MONTHS	This timeline is driven by food quality rather than food safety.
COOKED MUFFINS	2-6 MONTHS	This timeline is driven by food quality rather than food safety.
CHOPPED VEGGIES	1 MONTH	This timeline is driven by food quality rather than food safety. Freezing is best for vegetables that will be cooked after defrosting as the structure of the cells have been compromised by the freezing process and will be soggy when defrosted.

MEASUREMENTS

A QUICK GUIDE

Ingredients in general...

FOR LIQUIDS LIKE OIL, JUICE, WATER, MILK, VINEGARS, HONEY, MAPLE SYRUP, VANILLA EXTRACT, LIQUID STOCK AND SAUCES



1 tsp = 5ml



1 tbsp = 15ml



1/4 cup = 62.5ml



1/2 cup = 125ml



1 cup = 250ml

FOR PASTES, MINCED GARLIC, MINCED GINGER, YOGURT, RICOTTA, BUTTERS, TAHINI, CREAM CHEESE, FETA, COTTAGE CHEESE, SOUR CREAM, MUSTARDS AND MAYONNAISE



1 tsp = 4g



1 tbsp = 16g



1/4 cup = 65g



1/2 cup = 130g



1 cup = 240g

FOR DRIED HERBS, SPICES, SALT AND PEPPER



1/4 tsp = 0.25g



1/2 tsp = 0.5g



1 tsp = 1g



1 tbsp = 4g

*Please note measurements are approximates only

Other ingredients	1 TEASPOON (TSP)	1 TABLESPOON (TBSP)	1/4 CUP	1/2 CUP	1 CUP
FLOUR, BAKING POWDER, CORNFLOUR	2.5g	10g	30g	60g	120g
GROUND ALMONDS	3g	12g	37.5g	75g	150g
COCONUT SUGAR, NATVIA	4g	16g	50g	100g	200g
GRATED PARMESAN	3g	12g	36g	72g	144g
CHOPPED NUTS LIKE CASHEWS, MACADAMIAS, ALMONDS, PISTACHIOS AND HAZELNUTS, AND CHOCOLATE CHIPS	2.5g	10g	30g	60g	120g
SEEDS LIKE CHIA, SUNFLOWER, PEPITAS, LINSEEDS, SESAME AND POPPY, AND FLAKED ALMONDS	4g	15g	45g	90g	180g
ROLLED OATS	2g	8g	25g	50g	100g

Other ingredients

CHOPPED DRIED FRUIT LIKE PITTED DRIED DATES, DRIED APRICOTS, DRIED APPLE AND SULTANAS

1 TEASPOON (TSP)



4g

1 TABLESPOON (TBSP)



15g



40g



85g



170g

COCOA, CACAO POWDER, DESICCATED COCONUT

2g

8g

25g

50g

100g

UNCOOKED COUSCOUS, QUINOA, BASMATI, JASMINE RICE, DRY POLENTA

15g

45g

90g

180g

BROWN RICE, ARBORIO RICE

10g

40g

80g

160g

WHOLEMEAL PASTA (ANY SHAPE)

10g

25g

50g

100g

HEALTHY MUMMY SMOOTHIE MIX

12.5g

37.5g

75g

150g

Fruit and vegetables

FROZEN STRAWBERRIES, CHERRIES, BLACKBERRIES

40g

75g

150g

FROZEN BLUEBERRIES, RASPBERRIES

60g

120g

240g

CHOPPED SEMI-DRIED TOMATOES

5g

20g

60g

120g

240g

CAPERS

2.5g

10g

30g

60g

120g

PEELED AND CHOPPED PUMPKIN

30g

60g

120g

SLICED MUSHROOMS

20g

37.5g

75g

BROCCOLI AND CAULIFLOWER FLORETS, SHREDDED CABBAGE

25g

50g

100g

BABY LEAF SPINACH, MIXED LETTUCE LEAVES, ROCKET LEAVES, CHOPPED COS OR KALE LEAVES

7.5g

15g

30g

CHOPPED FRESH HERBS LIKE PARSLEY, CORIANDER, MINT AND BASIL

5g

15g

30g

60g

TRIMMED MANGE TOUT, GREEN BEANS

30g

60g

120g

PEAS AND CORN KERNELS

40g

80g

160g

TIME-SAVING TIPS

AND KITCHEN HACKS

When it comes to preparing quick, healthy meals, there are a few sneaky cooking and kitchen hacks that can be used to save you loads of time.

INGREDIENT PREPARATION

- For recipes like pasta sauces, stews, soups and batters, don't spend ages chopping by hand. **Place ingredients in a food processor** and blitz until chunky.
- **Make it easier to peel garlic** by whacking it hard or squashing it down with the wide edge of a knife. Once it's smashed, the skin just falls off.
- **Use a spoon rather than a peeler** to remove the skin from fresh ginger. Just scrape a teaspoon over and it will fall off easily.
- **You don't always need to peel your veggies.** Wash them and keep the peel on for extra fibre.
- **Get more juice out of your citrus** by rolling them on a bench and pressing as you go.
- **When boiling eggs**, add some vinegar or baking soda to the water. These ingredients make it easier to peel the eggs once cooked.
- **Swap brown rice for quinoa** sometimes. Quinoa has a faster cooking time and loads of health benefits.



TIME-SAVING TIPS

AND KITCHEN HACKS



LOVE LEFTOVERS

- **Get clever with leftovers** – make a large batch of veggie-loaded bolognese and have it with spaghetti, then the next day in a wrap with some salad. Freeze some to turn into a base for chilli con carne, add to a baked potato or put on top of a homemade pizza.
- **Cook extra meat** when preparing for dinner and use leftovers the next day in salads or to add to pizzas, tacos, frittatas and omelettes.
- **Use an ice cube tray or muffin tin** and freeze leftover fresh herbs. Chop the herbs and place into the tray holes with some water, olive oil or stock. Then just defrost the amount you need by popping out of the trays.
- **Store leftover nuts in the freezer** to extend their shelf life. They can go rancid quite quickly in the pantry.

TIME-SAVING TIPS

AND KITCHEN HACKS

MAKE COOKING A BREEZE

- Rather than having to turn veggies and patties over when baking in the oven, **preheat the baking tray** before adding the ingredients and the bottoms will start to cook immediately.
- **Soak wooden skewers** in water for 30 minutes before use to avoid them burning when cooking kebabs.
- **Soak a cleaning sponge** in water and place it in the microwave on high for a minute. The moisture created will loosen the grime found within the microwave, making it easy to wipe away.
- **Have two cutting boards** – one for raw meat and the other for everything else. It will help avoid uncooked meat contaminating fresh fruit and vegetables.
- **Place a damp tea towel** underneath a chopping board to prevent it from sliding around the benchtop.



STOCK UP

WITH BASICS

Keeping the fridge, freezer and pantry stocked with all the basics you need makes it so much easier to prepare quick, healthy meals that suit the tastes of the whole family, no matter how short on time you are.

Must-haves in the fridge, freezer and pantry for healthy meal plans are:



Wholegrains

including rolled oats, quinoa, couscous, brown rice and wholemeal pasta



Snack items

such as popcorn kernels, nuts, seeds, dried fruit and wholegrain rice crackers



Dairy items

such as natural yogurt, milk of choice, reduced-fat cheddar cheese, ricotta and parmesan



Tinned legumes

such as chickpeas, lentils and kidney beans



Chilled foods

such as eggs, chicken breast fillets, lean lamb and lean beef mince



Dried herbs and spices

like salt, pepper, cumin, cinnamon, oregano, basil, rosemary, paprika and chilli flakes



Tinned goods

including tomatoes, corn, coconut milk, tuna, and salmon



Frozen goods

like berries and vegetables



Pantry essentials

like wholemeal flour, olive oil, vinegar and soy sauce

COMMON MISTAKES MADE

WHEN MEAL PREPPING

☛ DON'T MAKE ALL YOUR WEEKLY MEALS IN ONE DAY

Not only will you find you're a little daunted at preparing a whole week's worth of meals in one day and end up exhausted, but your meals won't taste fresh and you may throw them away for tastier options. Plan 1-2 meal prep sessions a week and in each, choose to prepare a few main meals that can be portioned out and then frozen to enjoy in another week. Plus make a batch of some tasty snacks to enjoy for the first half of the week.

☛ DON'T PREPARE TOO MANY INGREDIENTS THAT CAN'T BE STORED FOR LONG

To avoid food waste (and wasting your money), don't cook a week's worth of chicken in one batch. Follow our fridge and freezer guides to ensure you are storing pre-cooked meals and ingredients correctly. Not only can pre-cooked meat taste a bit stale if prepared too far in advance but you also run the risk of food poisoning if eating ingredients that have been stored for too long.

☛ MIX UP YOUR MEAL PREP RECIPES

It gets very easy to stick to the same schedule of recipes to prepare at every session. This can lead to boredom and wasting your healthy meals. We all need variety when it comes to healthy eating so if hidden veggie bolognese is a family favourite, make a large batch, but freeze in portions so you can include it once a fortnight in your meal plans.

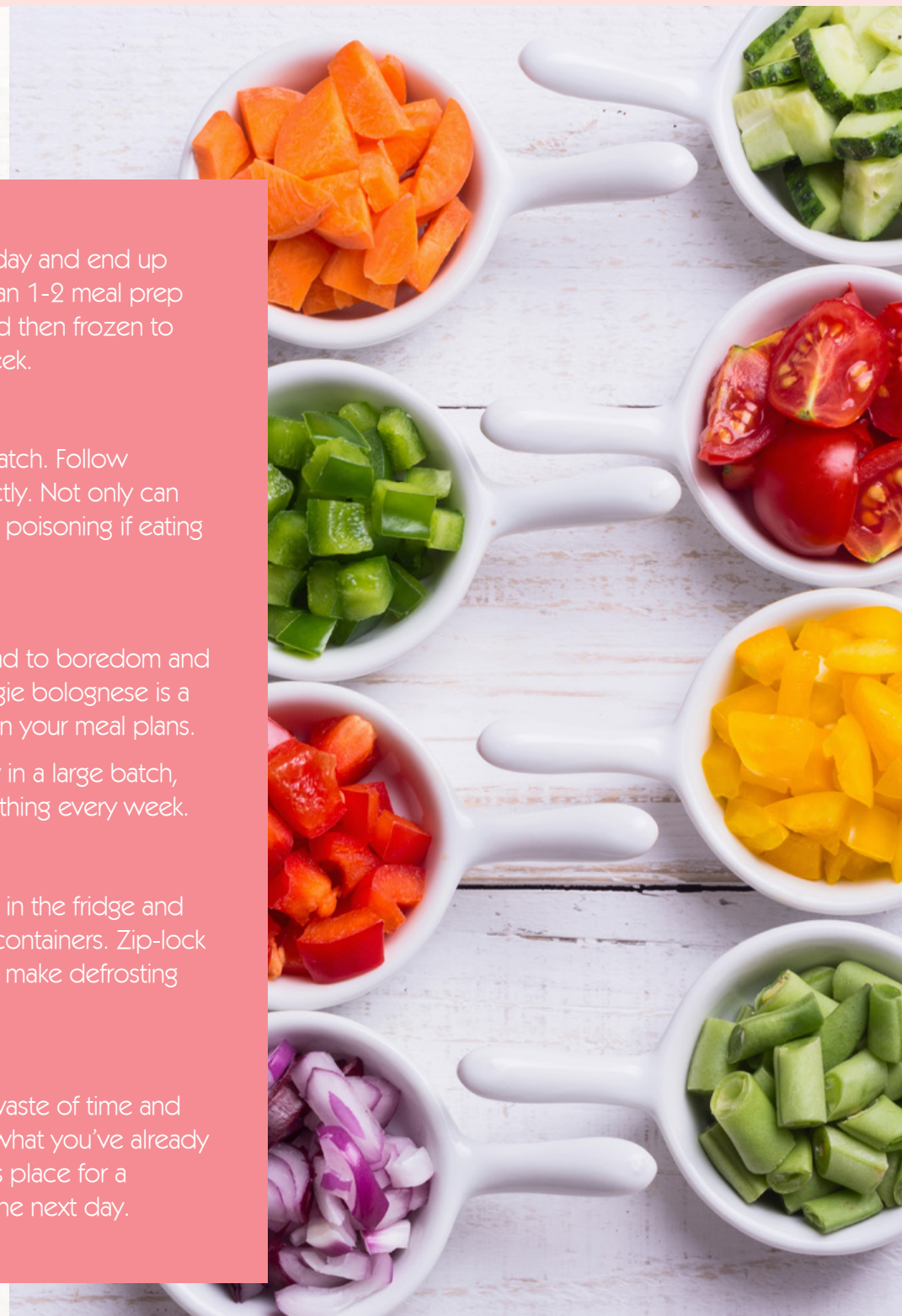
Same with curries, soups and stews – if you make a variety of different recipes on meal prep day in a large batch, you can keep your freezer stocked with different meals so you don't get bored eating the same thing every week.

☛ WATCH OUT FOR INCORRECT STORAGE

Be sure to store your meal prep meals correctly so that they last and are hygienic. Follow our tips in the fridge and freezer guides for how long different meals can be stored and ensure you have proper storage containers. Zip-lock bags are great for sauces, stews and curries as they don't take up much space in the freezer and make defrosting faster when you're ready to eat.

☛ EAT WHAT YOU'VE PREPARED

Many people spend the time meal prepping and then don't eat what they've made, which is a waste of time and money. If you think you're going to get bored with your meal plan for the week, freeze or store what you've already prepared as early as possible, to eat another time. If you get invited out for dinner or to a friend's place for a barbecue at the last minute, freeze your meal for the night as early as possible or store to enjoy the next day.



SAVING MONEY

👉 WHEN MEAL PREPPING

Following a healthy eating plan and then setting aside a few meal prep sessions each week will save you loads of money. Here are some reasons why:

👉 YOU CAN BUY IN BULK

If making meals in larger batches on meal prep days, you can buy ingredients in bulk to save money. Meats and frozen foods are great to buy in bulk, as are flours, rice, grains and other pantry staples. Wholesalers will often sell staples like this direct to the public.

👉 YOU CAN EAT AT HOME

If you have a freezer or fridge loaded with healthy, easy-to-reheat meals, you're less likely to eat out and spend money. Eating out is not always great for your health and not fabulous for your side pocket. The perfect example is pizza. A store-bought pizza can cost more than 4 times than it would to make at home. To make at home, it could cost as little as **£2.70** and you can cut out a lot of fat, sugar, salt and artificial preservatives.

👉 YOU CAN AVOID FOOD WASTE

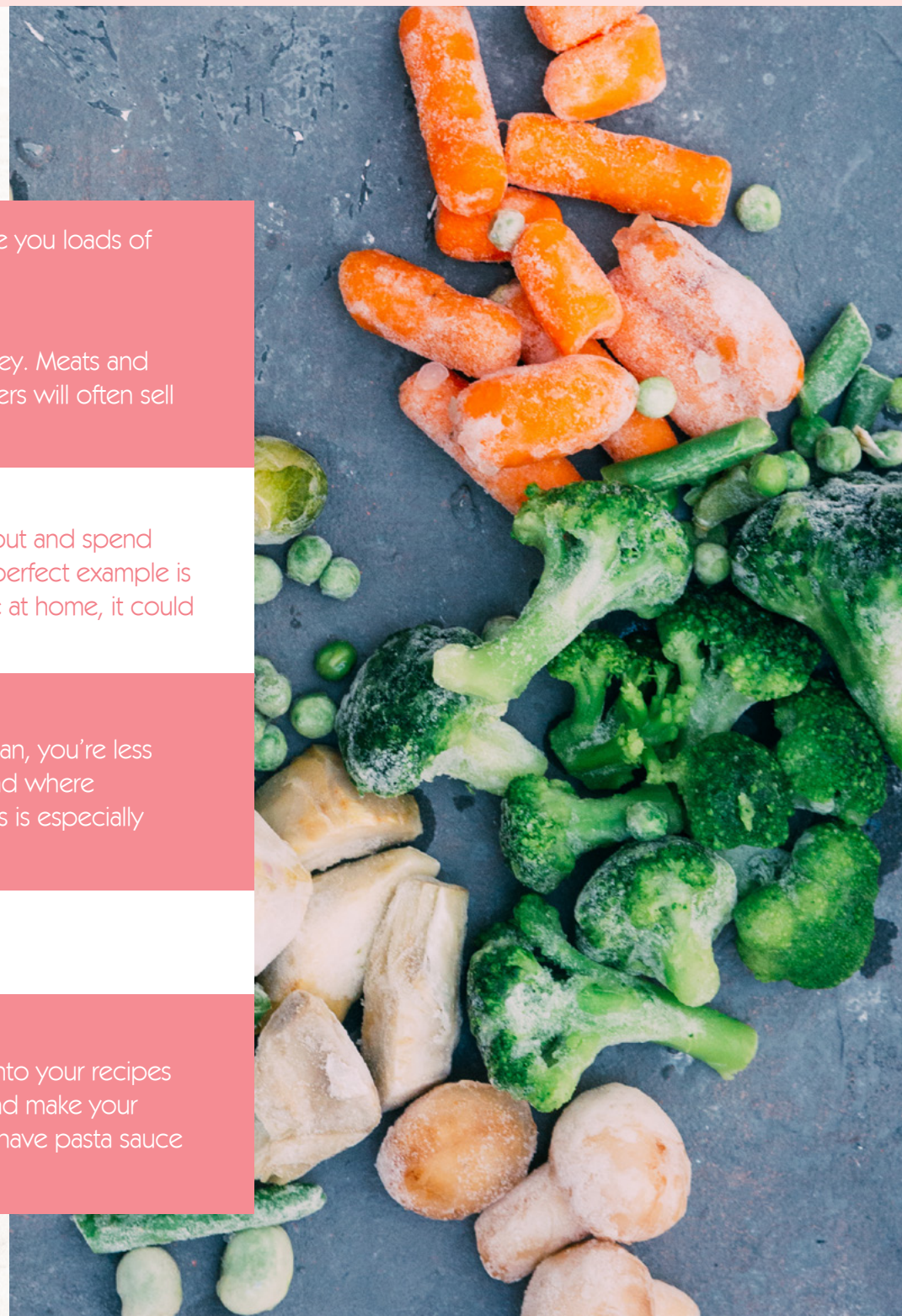
If you've prepared some meals and ingredients in advance and add them to your weekly meal plan, you're less likely to waste ingredients that you haven't had time to cook. Try to buy only what you will use and where possible, buy non-perishable alternatives. Buying frozen saves on waste and is often cheaper. This is especially true for anything not in season.

👉 YOU CAN SHOP ONLINE

Avoid temptations and unnecessary items by shopping online and sticking to your list.

👉 YOU CAN TAKE ADVANTAGE OF SPECIALS BY USING YOUR FREEZER

Purchase ingredients in bulk when they're on sale, store in the freezer and then add these items into your recipes on meal-prep days. For example, when you see ripe tomatoes on sale – grab a bucket or two and make your own tomato passata. You can then freeze the proceeds in one-cup portions so that you always have pasta sauce at the ready.



BREAKFAST RECIPES TO MEAL PREP



Mango Breakfast Jelly with Raspberries and Yogurt

■ SERVES 1 ■ PREP TIME 10 MINS, PLUS SETTING TIME

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 323 (1356KJ)

■ PROTEIN: 8.1G ■ TOTAL FAT: 16.6G ■ SATURATED FAT: 1.6G ■ FIBRE: 7.2G

■ CARBOHYDRATES: 32.7G ■ TOTAL SUGAR: 31.8G ■ FREE SUGAR: 7.2G

Ingredients

- 1/2 cup mango pulp
- 1 tbsp powdered gelatine
- 1/2 cup boiling water
- 1/2 mango, diced
- 2 tbsp fresh or frozen raspberries
- 2 tbsp reduced-fat Greek natural yogurt
- 2 tbsp walnuts

Method

Meal prep

- Place mango nectar in a bowl and sprinkle over gelatine, leaving to soften for 5 minutes.
- Add boiling water and stir until dissolved. Place chopped mango into a serving glass (use one glass per serve) and pour the jelly mixture on top. Divide evenly between all glasses if making more than one serve.
- Cover and place in the fridge for 1-2 hours until set.
- This recipe can be prepared up to 5 days before serving and stored in the fridge until ready to serve.

When ready to serve

- Top with raspberries, yogurt and walnuts to serve.



BREAKFAST RECIPES TO MEAL PREP



Chocolate Chia Breakfast Muffins

■ SERVES 12 ■ PREP TIME 10 MINS ■ COOK TIME 20 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 213 (896KJ)

■ PROTEIN: 4.4G ■ TOTAL FAT: 10.6G ■ SATURATED FAT: 6.1G ■ FIBRE: 3G

■ CARBOHYDRATES: 24.6G ■ TOTAL SUGAR: 13.6G ■ FREE SUGAR: 11.3G

Ingredients

- 1 cup reduced-fat milk of choice
- 1/4 cup chia seeds
- 1/2 cup honey
- 1/2 cup butter, softened
- 1 cup spelt flour
- 1/2 cup plain wholemeal flour
- 2 tsp baking powder
- 2 tbsp cacao/cocoa powder

Method

Meal prep

- Preheat oven to 180°C / gas mark 4. Line or lightly grease 12 holes of a muffin tin tray(s).
- Combine the milk and the chia seeds and set aside to allow the chia seeds to absorb the milk. Stir regularly to avoid the chia seeds sinking to the bottom.
- Use a wooden spoon to mix together the honey and butter until combined and smooth. Add milk and chia seed mix and combine well.
- Sift in the spelt and wholemeal flours together with the baking powder and cacao/cocoa. Stir to combine well.
- Divide the batter evenly between the prepared muffin tin holes and bake for 20- 25 minutes or until a skewer inserted into the centre comes out clean.
- These muffins can be served as soon as cooled slightly from oven. Otherwise, allow to cool completely and store in an airtight container in the fridge for 3-4 days or freeze for up to 3 months.

When ready to serve

- If not serving directly after baking, defrost muffins from the freezer and reheat in the microwave for 20 seconds when ready to serve.



BREAKFAST RECIPES TO MEAL PREP



Peach and Lime Bircher Muesli

■ SERVES 1 ■ PREP TIME 5 MINS, REQUIRES OVERNIGHT SOAKING

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 336 (1413KJ)

■ PROTEIN: 12.8G ■ TOTAL FAT: 14G ■ SATURATED FAT: 6.1G ■ FIBRE: 12.6G

■ CARBOHYDRATES: 37.6G ■ TOTAL SUGAR: 14.3G ■ FREE SUGAR: 2.8G

Ingredients

- 1/2 peach, fresh or tinned
- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 tbsp shredded coconut
- 1/4 cup water
- 1/4 cup reduced-fat milk of choice
- 1/2 tsp honey
- 1 tbsp lime juice
- 1 tbsp reduced-fat Greek natural yogurt

Method

Meal prep

- Dice the peach and combine in a bowl with rolled oats, chia seeds and coconut.
- Add the water, milk and honey and stir to combine. Cover and store in the fridge overnight.
- Can be stored in an airtight container in the fridge for up to 4 days.

When ready to serve

- Squeeze over lime juice and top Bircher with a dollop of yogurt to serve.



BREAKFAST RECIPES TO MEAL PREP



Blueberry and Vanilla Pancakes

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 12 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 452 (1892KJ)

■ PROTEIN: 18G ■ TOTAL FAT: 13.8G ■ SATURATED FAT: 3.3G ■ FIBRE: 4.5G

■ CARBOHYDRATES: 60.6G ■ TOTAL SUGAR: 18G ■ FREE SUGAR: 0.0G

Ingredients

- 1 free range egg
- 1/2 cup reduced-fat milk of choice
- 1/2 cup wholemeal self-raising flour
- 1 tbsp reduced-fat Greek yogurt
- 1/2 tsp vanilla extract
- 1 tsp extra virgin olive oil
- 1/2 cup blueberries, fresh or frozen
- 2 tbsp water
- 1/2 tsp lemon juice
- 1 tsp flaked almonds

Method

Meal prep

- Whisk together egg, milk, flour, yogurt, vanilla and oil. Cover and store in the fridge overnight to cook the next day.

When ready to serve

- Heat a non-stick frypan over a medium heat.
- Pour 1/4 cup measures of the batter into the pan at a time. After 1-2 minutes, when the batter starts to bubble on top, flip the pancake over and cook on the other side for another minute or two until golden brown. Repeat with remaining batter until all pancakes are cooked.
- While pancakes are cooking, place the blueberries in a microwave-safe dish with water and microwave on high until the berries have collapsed and liquid has reduced and become syrupy. Stir through lemon juice.
- Pour blueberry syrup over pancakes to serve and top with flaked almonds.



BREAKFAST RECIPES TO MEAL PREP



One-Handed Egg Muffin

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 303 (1273KJ)

■ PROTEIN: 15.6G ■ TOTAL FAT: 12G ■ SATURATED FAT: 2.6G ■ FIBRE: 6.2G

■ CARBOHYDRATES: 30.2G ■ TOTAL SUGAR: 3.5G ■ FREE SUGAR: 1.2G

Ingredients

- 1 free-range egg, beaten
- salt
- pepper
- cooking oil spray
- 1 wholemeal English muffin
- 1/4 medium avocado, mashed
- 1/2 cup rocket lettuce
- 1 tsp tomato sauce, no added sugar

Method

Meal prep

- Season egg with salt and pepper.
- Heat a frypan over medium-high and lightly grease with cooking oil spray. Add in egg and stir constantly to scramble, around 4-5 minutes.
- While egg is cooking, toast the muffin halves.
- Spread one half of muffin with mashed avocado. Top with rocket leaves and scrambled egg.
- Spread other half of muffin with tomato sauce and place on top of scrambled egg to serve.



BREAKFAST RECIPES TO MEAL PREP



Roast Sweet Potato and Baked Egg Hash

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 15 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 290 (1220KJ)

■ PROTEIN: 15.4G ■ TOTAL FAT: 19.3G ■ SATURATED FAT: 6.4G ■ FIBRE: 3.6G

■ CARBOHYDRATES: 12.6G ■ TOTAL SUGAR: 5.6G ■ FREE SUGAR: 0.0G

Ingredients

- 1/2 small sweet potato, grated
- 2 tbsp grated parmesan
- 1/2 cup kale leaves, finely chopped
- 1/2 clove garlic
- 2 tsp extra virgin olive oil
- 1 free-range egg
- salt
- pepper

Method

Meal prep

- Combine sweet potato, parmesan, kale, garlic and oil. Place in an individual baking dish (if making more than one serve, adjust dish size to suit quantity of ingredients) and cover.
- Store in the fridge for 3-4 days until ready to cook.

When ready to serve

- Preheat oven to 180°C / gas mark 4.
- Crack egg over vegetable mix and bake in oven for 15 minutes, until egg is set and vegetables are tender.
- Serve seasoned with salt and pepper.



BREAKFAST RECIPES TO MEAL PREP



Corn Salsa with Egg

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 295 (1235KJ)

■ PROTEIN: 11.5G ■ TOTAL FAT: 12.5G ■ SATURATED FAT: 2.7G ■ FIBRE: 6.5G

■ CARBOHYDRATES: 30.5G ■ TOTAL SUGAR: 4.5G ■ FREE SUGAR: 0.0G

Ingredients

- 1/2 cup corn kernels, fresh or tinned
- 1/4 avocado, diced
- 1 spring onion, finely sliced
- 1 tsp lemon juice
- 1/4 tsp ground cumin
- 1/2 tsp dried Italian herbs
- cooking oil spray
- 1 free-range egg
- 1 slice wholegrain bread of choice

Method

Meal prep

- Combine corn with diced avocado, sliced spring onion, lemon juice, cumin and Italian herbs. Place in an airtight container and refrigerate for a day or two.

When ready to serve

- Lightly spray a frying pan with cooking oil, heat over medium-high heat and fry egg to your liking.
- Toast bread and top with egg and corn salsa to serve.



LUNCH RECIPES TO MEAL PREP



Creamy Corn Soup

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 20 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 337 (1405KJ)

■ PROTEIN: 15G ■ TOTAL FAT: 9G ■ SATURATED FAT: 3G ■ FIBRE: 9G

■ CARBOHYDRATES: 45G ■ TOTAL SUGAR: 11.2G ■ FREE SUGAR: 0.0G

Ingredients

- 1 tsp extra virgin olive oil
- 1/2 spring onion, sliced
- 1/2 cup liquid vegetable stock, salt reduced
- 1/2 cup corn kernels, fresh or tinned
- 1/2 cup cauliflower florets
- 1/2 cup reduced-fat milk of choice
- 1 slice wholegrain bread of choice
- pepper

Method

Meal prep

- Heat oil in a saucepan over a medium heat. Sauté the spring onions for a minute or two until they become transparent. Add stock and whisk well.
- Stir through corn, cauliflower and milk and bring just to the boil. Reduce heat and allow soup to simmer for 7-10 minutes, until the cauliflower is tender.
- Use a stick or benchtop blender to blend the soup until smooth.
- Place soup in an airtight container and refrigerate for 3-4 days or freeze for up to 2 months.

When ready to serve

- Defrost the soup if necessary and reheat on the stovetop or in the microwave. Toast the bread.
- Season to taste with pepper and serve immediately with toast.



LUNCH RECIPES TO MEAL PREP



Rainbow Salad with Peanut Dressing

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 15 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 372 (1566KJ)

■ PROTEIN: 14.5G ■ TOTAL FAT: 19.5G ■ SATURATED FAT: 3.2G ■ FIBRE: 10.4G

■ CARBOHYDRATES: 29.8G ■ TOTAL SUGAR: 9.6G ■ FREE SUGAR: 0.0G

Ingredients

- 1/2 cup broccoli
- 1 cup kale leaves, shredded
- 1/2 red pepper, diced
- 1/4 cup red cabbage, shredded
- 1 tbsp corn kernels, fresh or tinned
- 1 tsp peanut butter
- 1 tsp extra virgin olive oil
- 2 tsp lemon juice
- 2 tbsp crushed peanuts
- 1 wholemeal wrap of choice

Method

Meal prep

- Cut the broccoli into florets and steam on the stovetop or in the microwave until tender crisp, around 5 minutes.
- In a serving bowl, combine the kale, pepper, cabbage and corn kernels. Add cooled broccoli.
- Whisk the peanut butter with oil and lemon juice until smooth. Pour over salad and sprinkle with crushed peanuts. Serve with the wrap on the side.



LUNCH RECIPES TO MEAL PREP



Corn and Feta Frittata with Salsa

■ SERVES 1 ■ PREP TIME 10 MINS ■ COOK TIME 25 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 383 (1610KJ)

■ PROTEIN: 26.8G ■ TOTAL FAT: 21.1G ■ SATURATED FAT: 6.9G ■ FIBRE: 6.7G

■ CARBOHYDRATES: 17.7G ■ TOTAL SUGAR: 8.1G ■ FREE SUGAR: 0.0G

Ingredients

- 1½ tsp extra virgin olive oil
- 1 spring onion, finely chopped
- 1/2 clove garlic, diced
- 1/4 cup corn kernels, fresh or tinned
- 1/2 cup baby spinach leaf
- 2 free-range eggs, beaten
- 2 tbsp reduced-fat feta, crumbled
- 1/2 tomato, diced
- 1/2 green pepper, diced
- 1/4 red onion, diced
- 1 tbsp lemon juice

Method

Meal prep

- Preheat the oven to 200°C / gas mark 6.
- Heat a frypan over medium-high heat with ½ teaspoon of oil (per serve). Add spring onion and garlic and sauté for 1-2 minutes until tender. Add the corn and baby spinach leaf. Stir to combine and allow the spinach to wilt.
- Use an individual ramekin or an ovenproof baking dish, depending on how many serves you are preparing. Place the cooked veggies into your selected dish and pour over the eggs. Sprinkle the top with crumbled feta.
- Place the dish in the oven to bake for 20-25 minutes or until the egg has set and is cooked through.
- If not serving the frittata immediately, allow to cool then cover and store in the fridge for up to 3 days.
- Prepare the salsa by combining the tomato, pepper and onion with the lemon juice and remaining olive oil. If not serving immediately, store in an airtight container in the fridge for up to 3 days.

When ready to serve

- Reheat the frittata if desired (it can be served cold) and top with the salsa to serve.



LUNCH RECIPES TO MEAL PREP



Turkish Chicken Flatbread

■ SERVES 1 ■ PREP TIME 10 MINS ■ COOK TIME 10 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 310 (1304KJ)

■ PROTEIN: 17.2G ■ TOTAL FAT: 13.7G ■ SATURATED FAT: 2.6G ■ FIBRE: 4.7G

■ CARBOHYDRATES: 28G ■ TOTAL SUGAR: 15G ■ FREE SUGAR: 0.0G

Ingredients

- 1/8 aubergine, diced
- 1/2 tsp extra virgin olive oil
- 1/4 tsp ground cumin
- 1/4 tsp ground coriander
- 50g chicken breast fillets
- cooking oil spray
- 1 small wholemeal pita bread
- 1 tbsp slivered almonds
- 1 tbsp raisins
- 2 tsp fresh coriander
- 1 tbsp reduced-fat Greek natural yogurt

Method

Meal prep

- Preheat oven to 200°C / gas mark 6. Combine the aubergine with oil, cumin and coriander and spread over a baking dish or tray. Add the chicken breast to the tray and lightly spray with cooking oil.
- Bake for 10 minutes or until aubergine is tender and chicken is cooked through.
- Allow to cool and if not serving immediately, place in an airtight container in the fridge for up to 4 days.

When ready to serve

- Preheat griller. Slice chicken and spread over pita bread. Add spiced aubergine and place pita under the griller for a few minutes until ingredients are warmed through.
- Sprinkle over almonds, raisins and coriander and dollop with yogurt to serve.



LUNCH RECIPES TO MEAL PREP



Turkey, Apple, Cranberry and Walnut Wrap

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 365 (1533KJ)

■ PROTEIN: 16.2G ■ TOTAL FAT: 18.6G ■ SATURATED FAT: 4.5G ■ FIBRE: 3.9G

■ CARBOHYDRATES: 34.8G ■ TOTAL SUGAR: 14.2G ■ FREE SUGAR: 0.0G

Ingredients

- 1/4 small apple, grated
- 1/2 cup rocket lettuce
- 1 tbsp dried cranberries
- 1 tbsp grated parmesan
- 1 tbsp walnuts, chopped
- 2 tsp lemon juice
- 2 slices lean smoked turkey
- 1 wholemeal tortilla

Method

Meal prep

- Combine the apple, rocket, cranberries, parmesan, walnuts and lemon juice.
- Layer the tortilla with the turkey slices and top with apple salad. Wrap as per packet directions and serve.



LUNCH RECIPES TO MEAL PREP



Tuna Tacos

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 337 (1409KJ)

■ PROTEIN: 32G ■ TOTAL FAT: 14G ■ SATURATED FAT: 6.5G ■ FIBRE: 4.4G

■ CARBOHYDRATES: 19G ■ TOTAL SUGAR: 3G ■ FREE SUGAR: 0.0G

Ingredients

- 90g tinned tuna in water
- 1 cup white cabbage, shredded
- 1/2 carrot, grated
- 1 tsp lemon juice
- 2 hard taco shells
- 1 tbsp reduced-fat cheddar cheese, grated

Method

Meal prep

- Combine tuna, cabbage, carrot and lemon juice. If not serving straightaway, place in an airtight container and refrigerate for 2-3 days.

When ready to serve

- Heat taco shells as per packet directions.
- Divide tuna and veggie mix between each taco shell.
- Sprinkle each taco with cheese to serve.



LUNCH RECIPES TO MEAL PREP

direct from
the healthy Mummy
28DAY
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Courgette Pita Pizza

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 266 (1119KJ)

■ PROTEIN: 18.3G ■ TOTAL FAT: 12.4G ■ SATURATED FAT: 6.1G ■ FIBRE: 5.3G

■ CARBOHYDRATES: 17G ■ TOTAL SUGAR: 3.4G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp frozen peas
- 1 small wholemeal pita bread
- 2 tsp tomato passata
- 1/2 small courgette, diced
- 1 tbsp kalamata olives, pitted and chopped
- 1 tbsp reduced-fat feta, crumbled
- 2 tbsp grated parmesan
- 1/2 cup baby leaf spinach
- 2 tsp lemon juice

Method

Meal prep

- Preheat oven to 180°C / gas mark 4. Blanch peas in boiling water for 1 minute, until tender.
- Spread pita bread with tomato passata and top with diced courgette, peas, olives and feta. Sprinkle over parmesan and cook for 7-10 minutes, until the top is golden and pita is crisp.
- Serve topped with baby leaf spinach and a drizzle of lemon juice.



DINNER RECIPES TO MEAL PREP



Pulled Pork Cos Cups

■ SERVES 6 ■ PREP TIME 40 MINS ■ COOK TIME 180 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 316 (1329KJ)

■ PROTEIN: 26G ■ TOTAL FAT: 19G ■ SATURATED FAT: 6.5G ■ FIBRE: 5.4G

■ CARBOHYDRATES: 8.4G ■ TOTAL SUGAR: 7.9G ■ FREE SUGAR: 0.8G

Ingredients

- 2 tsp ground cumin
- 1 tsp cinnamon
- 2 tsp ground coriander
- pepper
- 1kg pork shoulder, trimmed
- 800g tinned tomatoes
- 2 tbsp tomato paste
- 3 cloves garlic, peeled and diced
- 1 cup fresh coriander, chopped
- 2 cups red cabbage, shredded
- 2 cups medium carrot, grated
- 1/2 medium avocado, diced
- 1 tbsp lemon juice
- salt
- 12 leaves cos lettuce

Method

Meal prep

- Preheat oven to 160°C / gas mark 3.
- Combine the cumin, cinnamon, ground coriander and some pepper. Rub this spice mix all over the pork shoulder.
- Place the pork into an ovenproof casserole dish with the tinned tomatoes, tomato paste and garlic. Cover with a lid. Cook for a minimum of 3 hours until very tender. Check pork halfway through cooking time and turn meat to baste in tomato sauce.
- The pork is ready when you can pull it apart with a fork. Remove from the oven and allow it to rest for 30 minutes. Then using a fork, shred the meat and combine with any remaining cooking juices.
- If not serving immediately, allow pork to cool and store in an airtight container in the fridge for up to 4 days or freeze for up to 2 months.

When ready to serve

- Combine coriander, cabbage, carrot and avocado, and dress with lemon juice, salt and pepper.
- If using pre-made pulled pork, reheat meat in the microwave or in a saucepan on the stove until heated through.
- Fill 2 cos lettuce leaves per serve with some pulled pork, and top with cabbage salad to serve.



DINNER RECIPES TO MEAL PREP



One-Pan Chicken BLT Salad

■ SERVES 1 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 361 (1516KJ)

■ PROTEIN: 35.5G ■ TOTAL FAT: 16.9G ■ SATURATED FAT: 5.3G ■ FIBRE: 5.9G

■ CARBOHYDRATES: 13.4G ■ TOTAL SUGAR: 4.7G ■ FREE SUGAR: 0.0G

Ingredients

- 80g chicken breast fillets
- 1 cup rocket lettuce
- 1/4 cup fresh basil leaves, chopped
- 1/4 cup fresh parsley, chopped
- 1/2 tomato, chopped
- 1/4 red onion, sliced
- 1 tsp extra virgin olive oil
- 1/2 clove garlic, crushed
- 1/2 slice wholegrain sourdough bread
- 1 bacon rasher, lean and trimmed
- 2 tsp lemon juice
- 1 tbsp grated parmesan

Method

Meal prep

- Dice chicken into bite-size pieces. In a serving bowl, combine rocket, basil, parsley, tomato and onion.
- Heat oil in a frypan over medium heat. Add garlic and cook for 1 minute. Add chicken and cook for 3-4 minutes, until browned all over. Remove chicken and place on salad.
- Roughly chop the bread and bacon and add to pan. Toss well and cook for 4-5 minutes or until bacon is crispy and bread is golden.
- Add bacon and bread to chicken and salad and toss well to combine.
- Dress with lemon juice and sprinkle over parmesan to serve.



DINNER RECIPES TO MEAL PREP



Greek Beef Burgers

■ SERVES 1 ■ PREP TIME 10 MINS ■ COOK TIME 8 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 405 (1702KJ)

■ PROTEIN: 33G ■ TOTAL FAT: 14.2G ■ SATURATED FAT: 5.4G ■ FIBRE: 6.9G

■ CARBOHYDRATES: 32.8G ■ TOTAL SUGAR: 5.9G ■ FREE SUGAR: 0.0G

Ingredients

- 80g lean beef mince
- 1 tbsp mint leaves, finely chopped
- 1/4 tsp dried oregano
- 1/8 brown onion, grated
- 1 tbsp green olives, chopped
- 1 tbsp reduced-fat feta, crumbled
- cooking oil spray
- 1 wholegrain roll
- 1/2 cup mixed lettuce leaves
- 1/4 cucumber, sliced
- 1/2 tomato, sliced

Method

Meal prep

- Combine the mince, mint, oregano, onion, olives and crumbled feta. Form into one patty per serve.
- If not preparing the rest of the meal straightaway, cover the prepared patties and store in the fridge for 2-3 days or freeze for up to 2 months.

When ready to serve

- Heat a non-stick frypan over medium-high heat and lightly spray with cooking oil. Cook the prepared patty for 3-4 minutes on each side or until cooked through.
- Halve the roll and top one half with lettuce, cucumber and tomato slices. Add cooked patty and remaining half of roll to serve.



DINNER RECIPES TO MEAL PREP



Chunky Aubergine Dip and Beef Kebabs

■ SERVES 1 ■ PREP TIME 15 MINS ■ COOK TIME 30 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 337 (1416KJ)

■ PROTEIN: 24.3G ■ TOTAL FAT: 12.8G ■ SATURATED FAT: 2.9G ■ FIBRE: 6.9G

■ CARBOHYDRATES: 27.2G ■ TOTAL SUGAR: 3.1G ■ FREE SUGAR: 0.0G

Ingredients

- 1/4 aubergine
- 1/4 brown onion
- 1/2 clove garlic
- 1/2 tsp ground cumin
- 1 tsp extra virgin olive oil
- 80g lean beef
- salt
- pepper
- 1/2 cup green beans, trimmed
- 1/4 cup mixed lettuce leaves
- 1 tsp lemon juice
- 1 tbsp hummus
- 1 small wholemeal pita bread

Method

Meal prep

- Preheat oven to 180°C / gas mark 4.
- Chop the aubergine, onion and garlic and toss with cumin and olive oil. Spread over a roasting dish and roast for 20 minutes or until tender.
- If not serving straight away, allow to cool then place in an airtight container in the fridge for up to 4 days. This will be your chunky aubergine dip.

When ready to serve

- Cut beef into cubes and thread onto 2 skewers per serve. If using wooden skewers, soak them for 30 minutes prior to use to avoid them burning during cooking. Season kebabs with salt and pepper.
- Cook beef kebabs on a preheated barbecue plate or frypan over medium-high heat for 4-5 minutes each side, or to your liking.
- While kebabs are cooking, steam the beans in the microwave or on the stovetop until tender crisp.
- If using premade chunky aubergine dip from the fridge, reheat in the microwave or in the oven until warmed through.
- Place beef kebabs on a bed of lettuce leaves. Squeeze over lemon juice.
- Serve with chunky aubergine dip, beans, hummus and a pita bread.



DINNER RECIPES TO MEAL PREP



Courgette Noodles with Feta and Mint Pesto

■ SERVES 1 ■ PREP TIME 10 MINS ■ COOK TIME 10 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 429 (1802KJ)

■ PROTEIN: 11.7G ■ TOTAL FAT: 39.4G ■ SATURATED FAT: 9.7G ■ FIBRE: 6G

■ CARBOHYDRATES: 4.2G ■ TOTAL SUGAR: 3.3G ■ FREE SUGAR: 0.0G

Ingredients

- cooking oil spray
- 1/2 clove garlic
- 1 tbsp pine nuts
- 1 cup baby leaf spinach
- 1/4 cup mint leaves, chopped
- 1 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- salt
- pepper
- 1 small courgette
- 2 tbsp reduced-fat feta, crumbled

Method

Meal prep

- Lightly spray a pan with cooking oil over medium-high heat. Add garlic and pine nuts and cook for 1 minute, until golden.
- Place pine nuts and garlic into a blender or food processor with spinach, mint, olive oil and lemon juice. Pulse until well combined. Season with salt and pepper.
- If not using immediately, place in an airtight container or glass jar in the fridge for no more than 2 days.

When ready to serve

- Use a spiraliser or peeler to slice the courgette into noodles. Blanch in a saucepan of boiling water for 1 minute.
- Combine hot courgette noodles with prepared mint pesto and toss well.
- Serve with crumbled feta over the top.



DINNER RECIPES TO MEAL PREP



Bacon, Spinach and Tomato Risotto

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 30 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 363 (1525KJ)

■ PROTEIN: 18.5G ■ TOTAL FAT: 12G ■ SATURATED FAT: 4G ■ FIBRE: 2.5G

■ CARBOHYDRATES: 44G ■ TOTAL SUGAR: 2.5G ■ FREE SUGAR: 0.0G

Ingredients

- 1 tbsp extra virgin olive oil
- 6 lean bacon rashers, trimmed
- 1 cup arborio rice, uncooked
- 3 cups liquid vegetable stock
- 2 tomatoes, diced
- 4 cups baby leaf spinach
- salt
- pepper
- 1/3 cup parmesan, grated

Method

Meal prep

- Heat oil in a saucepan over medium-high heat. Dice bacon and add to pan for 4-5 minutes, until crispy. Add rice and stir through for a few minutes to coat the grains in the oil.
- Add the stock, 1/4 cup at a time, stirring after each addition and not adding further liquid until the previous amount has been absorbed by the rice. This will take approximately 20 minutes.
- With the last addition of stock, add the tomato and spinach, cover with a lid, and reduce to a simmer for 10 minutes or until rice is cooked through (if needed, add further stock until rice is tender).
- If not serving immediately, allow risotto to cool and portion into airtight containers to store in the fridge for 2-3 days or freeze for up to 2 months.

When ready to serve

- Defrost the risotto if needed and reheat in the microwave or on the stovetop until steaming.
- Season with salt and pepper and sprinkle with parmesan to serve.



DINNER RECIPES TO MEAL PREP



Lentil Bolognese on Courgette Noodles

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 15 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 385 (1619KJ)

■ PROTEIN: 10G ■ TOTAL FAT: 28.6G ■ SATURATED FAT: 4G ■ FIBRE: 9.5G

■ CARBOHYDRATES: 18G ■ TOTAL SUGAR: 9.2G ■ FREE SUGAR: 0.0G

Ingredients

- 1/3 cup extra virgin olive oil
- 2 cloves of garlic, crushed
- 2 tsp dried Italian herbs
- 400g tinned tomatoes
- 400g tinned brown lentils, rinsed and drained
- 1/3 cup tomato paste
- 4 courgettes

Method

Meal prep

- Heat oil in a frying pan over low heat. Add garlic and dried herbs, stirring for 1 minute.
- Add tinned tomatoes, drained lentils and tomato paste. Simmer for 10 minutes.
- If not serving immediately, allow sauce to cool and portion into airtight containers to store in the fridge for 2-3 days or freeze for up to 2 months.

When ready to serve

- Use a spiraliser or peeler to slice courgette into thin strips. Defrost the lentil bolognese sauce if required and reheat in the microwave or on the stovetop until hot.
- Blanch courgette noodles in a saucepan of boiling water for 20-30 seconds until just tender.
- Drain noodles and place in a serving dish topped with lentil bolognese to serve.



SNACK RECIPES TO MEAL PREP



Chocolate Mint Bark

■ SERVES 8 ■ PREP TIME 65 MINS ■ COOK TIME 2 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 211 (886KJ)

■ PROTEIN: 2.2G ■ TOTAL FAT: 16.8G ■ SATURATED FAT: 11.9G ■ FIBRE: 1.2G

■ CARBOHYDRATES: 13.4G ■ TOTAL SUGAR: 9.3G ■ FREE SUGAR: 8.4G

Ingredients

- 200g dark chocolate (70%)
- 1 tbsp rice malt syrup
- 1 tbsp coconut oil
- 1/4 tsp peppermint extract
- 1/2 cup shredded coconut

Method

Meal prep

- Break up chocolate and place in a heatproof bowl over a saucepan of simmering water on the stovetop (do not let bowl touch water). Add rice malt syrup, coconut oil and peppermint extract. Stir until melted.
- Line a baking tray and spread melted chocolate mix evenly over the top. Scatter over the shredded coconut and place into the freezer for an hour.
- Once hard, break up into 8 pieces. If not serving immediately, store in an airtight container in the freezer for up to 3 months.

When ready to serve

- Serve one portion of Chocolate Mint Bark as a sweet snack.



SNACK RECIPES TO MEAL PREP



Mango Bars

■ SERVES 8 ■ PREP TIME 190 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 198 (832KJ)

■ PROTEIN: 8.8G ■ TOTAL FAT: 2.4G ■ SATURATED FAT: 1.3G ■ FIBRE: 4.5G

■ CARBOHYDRATES: 32.7G ■ TOTAL SUGAR: 30.5G ■ FREE SUGAR: 5.6G

Ingredients

- 3 mangoes, diced
- 2 small bananas, chopped
- 3 cups reduced-fat Greek natural yogurt
- 2 tbsp honey
- 1 tsp cinnamon

Method

Meal prep

- Place the diced mango and chopped banana in a blender or food processor. Pulse to combine.
- Line a loaf tin with baking paper and pour in the fruit mixture. Smooth with a spatula. Freeze for an hour or until firm.
- Combine the yogurt, honey and cinnamon and spread over the firm fruit mixture in the tin. Return to the freezer for another hour or two, or overnight.
- When firm, slice into 8 slices.
- Store leftovers in the freezer for up to 2 months

When ready to serve

- Remove a slice from the freezer and serve.



SNACK RECIPES TO MEAL PREP

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recipes

Choc-Nut Quinoa Balls

■ SERVES 20 ■ PREP TIME 15 MINS, PLUS CHILLING TIME

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 125 (529KJ)

■ PROTEIN: 3.8G ■ TOTAL FAT: 6.8G ■ SATURATED FAT: 2.3G ■ FIBRE: 2.1G

■ CARBOHYDRATES: 12.3G ■ TOTAL SUGAR: 9.5G ■ FREE SUGAR: 9G

Ingredients

- 3 tbsp Healthy Mummy Vanilla Smoothie Mix
- 2 tbsp sunflower seeds
- 1/4 cup quinoa flakes
- 1/2 cup honey
- 2/3 cup peanut butter
- 1/2 cup dark chocolate bits
- 1/4 cup desiccated coconut

Method

Meal prep

- Process smoothie powder, sunflower seeds and quinoa flakes until well combined.
- Heat honey in a microwave bowl until runny then combine with the peanut butter.
- Add honey and peanut butter mix to the food processor with chocolate. Combine until all ingredients are mixed well.
- Form into 20 balls, then roll in desiccated coconut. Chill in the fridge for 25-30 minutes.

When ready to serve

- Serve one ball with a cup of herbal tea.



SNACK RECIPES TO MEAL PREP



Nutty Crunch Lettuce Wraps

■ SERVES 1 ■ PREP TIME 2 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 127 (535KJ)

■ PROTEIN: 4G ■ TOTAL FAT: 11G ■ SATURATED FAT: 2G ■ FIBRE: 2.5G

■ CARBOHYDRATES: 3G ■ TOTAL SUGAR: 2G ■ FREE SUGAR: 0.0G

Ingredients

- 2 leaves iceberg lettuce
- 1 tbsp peanut butter
- 1/8 medium avocado, diced
- 1/4 medium carrot, grated
- 1/8 red pepper, diced

Method

Meal prep

- Gently spread lettuce leaves with peanut butter.
- Top with other ingredients and roll or fold leaves to serve.



SNACK RECIPES TO MEAL PREP



Spiced Almonds

■ SERVES 4 ■ PREP TIME 5 MINS ■ COOK TIME 10 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 203 (852KJ)

■ PROTEIN: 6.5G ■ TOTAL FAT: 18.2G ■ SATURATED FAT: 2.2G ■ FIBRE: 2.2G

■ CARBOHYDRATES: 3G ■ TOTAL SUGAR: 2.3G ■ FREE SUGAR: 0.8G

Ingredients

- 1 cup almonds
- 1 tsp rice malt syrup or honey
- 1/2 tsp cinnamon
- 1/2 tsp ground nutmeg
- 1/2 tsp coconut oil, melted

Method

Meal prep

- Preheat oven to 180°C / gas mark 4 and line a baking tray.
- Combine all ingredients and spread over prepared tray. Bake in oven for 10 minutes or until golden, tossing halfway through cooking time.
- If not serving immediately, allow to cool then store in an airtight container or glass jar in the pantry for up to 2 weeks.

When ready to serve

- Serve a 1/4 cup of spiced almonds for an easy and nutritious snack.



SMOOTHIE RECIPES TO MEAL PREP

- ☞ **The Healthy Mummy Smoothies** are perfect when you need a quick breakfast, lunch or filling snack and they're so easy to add to your meal prepping schedule.
- ☞ Be super organised and at the end of one of your meal prepping sessions, combine your favourite flavour combinations in a jar (if they're dry) to store in the pantry. Or add fruits, veggies, grains, spices etc to small freezer bags and freeze in individual portions.
- ☞ Then you can just grab a pack to add to your blender with The Healthy Mummy Smoothie powder and some milk, whizz and you're done!
- ☞ Here are some delicious smoothie recipes for inspiration:

Green Goddess Smoothie

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 328 (1378KJ)
■ PROTEIN: 23G ■ TOTAL FAT: 10G ■ SATURATED FAT: 3G ■ FIBRE: 13G
■ CARBOHYDRATES: 34G ■ TOTAL SUGAR: 29G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp Healthy Mummy Smoothie powder Vanilla
- 2/3 cup baby leaf spinach
- 1/4 avocado
- 2 Kiwi fruit, peeled and chopped
- 1 cup reduced-fat milk of choice

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.
- Pour in a glass and serve.

☞ Meal Prep Tip

- Chop the spinach, avocado and Kiwi fruit and place in a zip lock bag or airtight container in the freezer, then just add to the blender with other ingredients for an extra speedy and chilled smoothie.



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SMOOTHIE RECIPES TO MEAL PREP

Post Workout Protein Smoothie

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 231 (970KJ)

■ PROTEIN: 17G ■ TOTAL FAT: 6.3G ■ SATURATED FAT: 0.7G ■ FIBRE: 11.7G

■ CARBOHYDRATES: 23G ■ TOTAL SUGAR: 13.2G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp Healthy Mummy Smoothie powder Caramel
- 1/2 cup kale leaves, shredded
- 1/4 small banana
- 1/4 cup blueberries
- 1 tsp almond butter
- 1 tsp chia seeds
- 200ml coconut water

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.
- Pour in a glass and serve.

👉 Meal Prep Tip

- You can have all the ingredients, excluding the smoothie powder and coconut water, for this smoothie recipe prepared and stored in a zip lock bag in the freezer. Remember to label the bags so you know what flavour combos are inside.



SMOOTHIE RECIPES TO MEAL PREP

The Belly Buster Smoothie

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 263 (1104KJ)

■ PROTEIN: 18.4G ■ TOTAL FAT: 8.6G ■ SATURATED FAT: 1G ■ FIBRE: 15G

■ CARBOHYDRATES: 24.4G ■ TOTAL SUGAR: 18.2G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp Healthy Mummy Smoothie powder Strawberry
- 1/2 red grapefruit
- 1/2 cup mixed berries
- 2 tbsp reduced-fat Greek yogurt
- 1 tbsp chia seeds
- 200ml water

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.
- Pour in a glass and serve.

Meal Prep Tip

- When fruits are in season and on special, buy in bulk to use in your smoothie flavour packs for the freezer.



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SMOOTHIE RECIPES TO MEAL PREP

Extra Energy Smoothie

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 282 (1187KJ)

■ PROTEIN: 18.4G ■ TOTAL FAT: 15.6G ■ SATURATED FAT: 8.8G ■ FIBRE: 13.2G

■ CARBOHYDRATES: 16G ■ TOTAL SUGAR: 5.1G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp Healthy Mummy Smoothie powder Chocolate
- 1 tbsp chia seeds
- 1/2 cup reduced-fat coconut milk
- 1 cup water
- 1 tsp cacao/cocoa powder

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.
- Pour in a glass and serve.

Meal Prep Tip

- Dry ingredients like chia seeds, cacao/cocoa powder, rolled oats etc can be combined in a jar or airtight container in the pantry so you can just scoop some out to add to the blender with your other smoothie ingredients.



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SMOOTHIE RECIPES TO MEAL PREP

Mint Coconut Smoothie

■ SERVES 1 ■ PREP TIME 5 MINS

NUTRITIONAL INFORMATION ■ CALORIES PER SERVE: 288 (1213KJ)

■ PROTEIN: 23.1G ■ TOTAL FAT: 15.2G ■ SATURATED FAT: 4.3G ■ FIBRE: 8.9G

■ CARBOHYDRATES: 12.1G ■ TOTAL SUGAR: 9.9G ■ FREE SUGAR: 0.0G

Ingredients

- 2 tbsp Healthy Mummy Smoothie powder Choc Mint
- 1/2 small banana
- 2 tbsp mint leaves
- 1/4 cup reduced-fat Greek natural yogurt
- 1 tbsp sunflower seeds
- 1 cup coconut water

Method

- Place all ingredients in a blender (add some ice cubes if desired) and mix until well combined.
- Pour in a glass and serve.

Meal Prep Tip

- Don't throw leftover fresh herbs away. Chop them and store in a little water in ice cube trays in the freezer. Then you can just pop a couple of cubes out to use in recipes like this one.



SAVE MINUTES MEAL BY MEAL

👉 WHEN MEAL PREPPING

Follow these tips to save time and make meal prep really fast whether you're preparing breakfast, lunch, dinner or snacks.

All these easy recipe ideas plus loads more simple, healthy meals can be found in the **28 Day Weight Loss Challenge** recipe library, that has **over 4000 meals** to choose from to make meal planning and prep a breeze:

BREAKFAST TIPS

☛ **Soak oats or chia seeds overnight** in milk, fresh juice and/or grated fruits to create Bircher-style muesli or puddings that you can just take out of the fridge, top with some fresh fruit and yogurt and eat on the go.

☛ **Scrambled eggs take no time to cook at all.** Use a non-stick frypan and scramble in about 2 minutes. Add to a wholegrain wrap with some baby leaf spinach, avocado, salt and pepper, and wrap up for a savoury breakfast burrito.

☛ **Make your own muesli** by combining oats, chopped nuts, dried fruits and seeds, and store in an airtight container in the pantry. Serve with milk, yogurt and sliced fresh fruit and you have a healthy homemade version of packaged cereal.

LUNCH TIPS

☛ **Making lunch the night before** will save you loads of time in the morning if you have to go to work, or in the middle of the day when you're busy.

☛ **Use a lunchbox with different compartments** that you can add a variety of healthy food to, like veggie sticks, fruit, wholegrain crackers, cheese slices, cooked chicken and salad.

☛ **Make salad the night before** and enjoy for lunch with some pre-cooked chicken, tinned tuna or salmon. Make a dressing of lemon juice, extra virgin olive oil, salt and pepper, and place in a little container so you can just pour over when ready to eat.

☛ Sandwiches and wraps can often go soggy if made too far ahead of time, so **place all the components in your lunchbox the night before** and store in the fridge so you can just quickly assemble when ready to serve.

DINNER TIPS

☛ We've already listed loads of ways you can get prepared for dinner but the main tip that we can't emphasise enough is **PREPARE, PREPARE, PREPARE!**

☛ If you know what you are going to eat, have the ingredients ready to go and have even started part of the preparation process by **pre-cooking some ingredients**, your time in the kitchen at dinner will be minimal.

☛ Leftovers are your best friend after a busy day, so don't be afraid to **double the amount of food you make in one kitchen session**. Fight the urge to go back for seconds by storing the extras as soon as they're ready to be put away.

SNACK TIPS

☛ **Have loads of healthy snack options** available in the pantry and fridge for easy access.

☛ **Make larger batches** of healthy dips, bliss balls, slices and muffins so you can freeze or refrigerate, to cover you for a whole week of snacks.

☛ **Freeze fruits** like bananas, mango and berries and blitz together in the blender for a delicious and quick, healthy soft serve "ice cream". Great for a sweet treat after dinner.

☛ If someone else in your house has a sweet tooth, **keep their unhealthy snacks** in a different location to help you avoid temptation.

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We hope you've enjoyed reading and using The Healthy Mummy **Complete Meal Prep Guide**.
If you would like to purchase the 28 Day Weight Loss Challenge, or want access to more health information and recipes, please visit our website, www.healthymummy.co.uk
If you have any questions regarding anything in this book or any of our plans, you can email us at support@healthymummy.co.uk and we'll do our best to answer your query.
Good luck on your healthy lifestyle journey!

Rhian
& The Healthy Mummy Team x

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