

8 MEAL PREP TIPS

To make food prep actually "stick" as a habit, you have to lower the barrier to entry. If it feels like a second full-time job, you won't do it. Here are the top 8 strategies to keep your kitchen game healthy, high-protein, and—most importantly—manageable.

1. The "Hero" Protein Batch

Stop cooking single portions of chicken, tofu, or lean beef. Pick one or two "hero" proteins and cook 3–4 lbs at once. Keep the seasoning neutral (salt, pepper, garlic) so you can pivot from a Greek bowl to a stir-fry without flavor clashing.

2. The "Grain Train" (Fiber & Whole Grains)

Whole grains like farro, barley, or brown rice take 20–40 minutes to cook. Never do this on a weeknight. Boil a massive pot on Sunday, let it cool, and fluff it. These grains are high in fiber and provide a sturdy base that won't get mushy in the fridge like white pasta does.

3. "Mise en Place" Your Veggies

The biggest deterrent to eating fiber is the effort of chopping. Dedicate 20 minutes to slicing bell peppers, cucumbers, and carrots. Store them in airtight glass containers. If they are visible and ready to eat, you'll reach for them; if they're hidden in the crisper drawer in a plastic bag, they're destined to become "fridge mulch."

4. "Sauce is Boss"

Eating the same chicken and broccoli every day is a recipe for a "pizza-delivery-at-9-pm" relapse. Prep three distinct sauces (e.g., a lemon-tahini, a spicy peanut, and a herb pesto). Using the same base ingredients with different sauces tricks your brain into thinking you're eating a completely different meal.

5. Utilize the "Sheet Pan" Strategy

Maximize your time by roasting your protein and high-fiber veggies (like Brussels sprouts or broccoli) on the same tray. Toss them in olive oil and spices, set a timer, and walk away. It's the lowest-effort way to get a charred, "gourmet" flavor without standing over a stove.

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6. The "Frozen Life-Raft"

Keep frozen edamame, peas, and spinach on hand. They require zero prep, are packed with fiber and protein, and can be tossed into a hot bowl of grains or a soup at the last second. They are your nutritional insurance policy for when your fresh produce runs out.

7. Layer Your Salads (The "Jar" Method)

If you prep salads, put the dressing at the bottom, followed by hearty grains and proteins, and the greens at the very top. This prevents the "soggy leaf" syndrome and keeps your fiber-rich greens crisp for up to 4 or 5 days.

8. Inventory Before You Shop

Before you go to the store, do a "Kitchen Sync." See what grains or canned beans are hiding in the back of the pantry. Building a meal around what you already have reduces decision fatigue and saves money.