

# 7 HEALTHY MEAL PREPPING STRATEGIES

Are you looking for tried-and-true tips to stick to your healthy meal prep routine? Follow these strategies to help you make meal planning a breeze!



## ① OUTLINE A MEAL PLAN

Pick a day each week to plan your meals and grocery list.

## ② CHECK EXISTING INGREDIENTS

Look through your pantry and fridge. Take inventory of your current ingredients and plan meals to utilize items in your home.

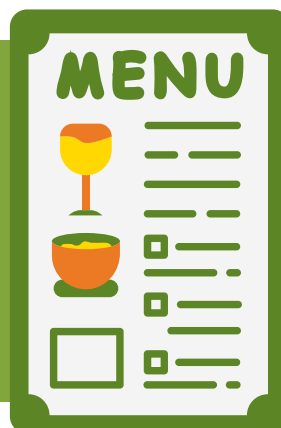


## ③ DEVELOP AN INVENTORY SHEET

Take a note from professional chefs and keep a list to track food items as you use them.

## ④ KEEP MENUS FRESH AND FUN

Vary your meals week-to-week to keep your food exciting.



## ⑤ ORGANIZE GROCERY LISTS BY AISLE

Group your grocery list items by your store's aisle layout. Stick to your list to avoid overspending and impulse purchases.

## ⑥ GRAB STORAGE CONTAINERS

Look for heavy-duty containers where meals fit neatly in your fridge or can quickly go from freezer to oven.



## ⑦ SHOP AT WHOLESALE SUPPLY STORES

Stock up on healthy ingredients, cooking equipment, and professional-grade food containers from restaurant supply stores like CHEF'STORE.