

Meal Prep

Maintaining a meal plan is a breeze with a little prep and organization. Here's how you can make healthy living easy:

- **Smart Shopping:** Start with a simple grocery list. Stock up on:
 - **Grains:** Quinoa, Barley, Oatmeal, Wild Rice
 - **Proteins:** Chicken, Fish, Turkey, Eggs
 - **Veggies:** Think colorful - Cauliflower, Spinach, Bell Peppers, Onions, Cucumbers, Carrots, Green Beans, Asparagus, Sweet Potatoes, Broccoli, Brussels Sprouts
 - **Legumes:** Black Beans, Adzuki Beans, Lentils, Chickpeas
 - **Fruits:** Berries, Apples, Pears
 - **Snacks:** Nuts, Nut Butters, Seeds (think Chia Puddings), Dried Fruits
 - **Dips:** Hummus, Baba Ganoush, Tzatziki
 - **Dairy-Free Options:** Coconut, Almond, Soy Milk
 - **Storage Must-Haves:** Tupperware, Ziplock Bags, Mason Jars
- **Cooking Days:** Pick a couple of days to whip up some easy meals. Pre-portion them into containers and you're set for the week!
- **Meal Ideas:** Get creative with stir-fries, soups, healthy chili, veggie stews, bean salads, or simply grill some chicken and roast those veggies.
- **Snack Prep:** Make your own snacks like high-Fiber muffins, protein bars, trail mix, chia pudding, or Greek yogurt parfaits. This way, you know exactly what's in them – no sneaky sugars or preservatives!

Stay organized, get creative, and enjoy the ride to a healthier you! ✨