

HOW TO PREPARE A MEAL

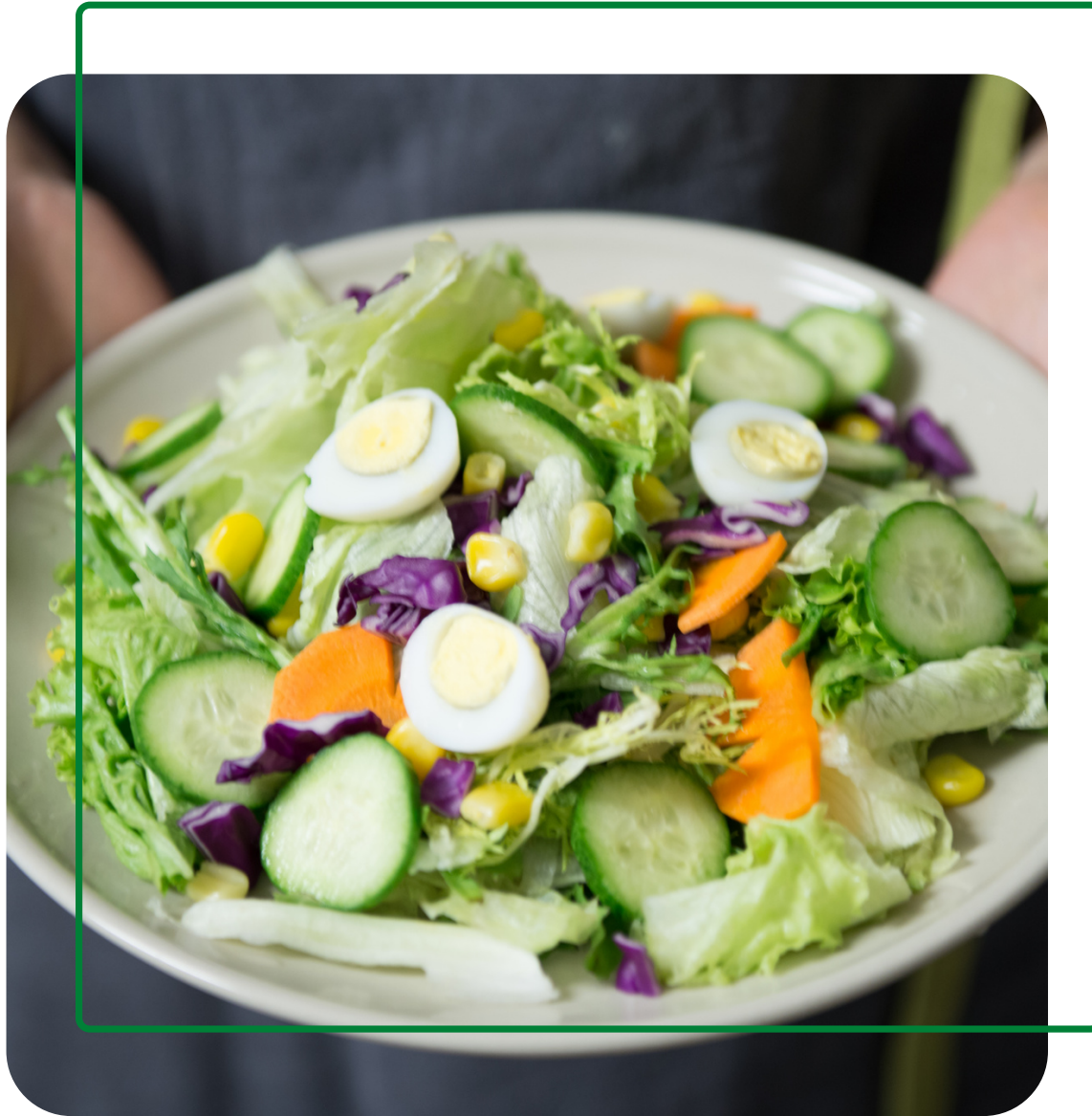
HOW TO BE A HEALTHY HERO

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WHAT DOES

MEAL PREPPING MEANS



- Meal prepping is the concept of preparing whole meals or dishes ahead of schedule.
- It's particularly popular amongst busy people because it can save a lot of time.
- Having pre-prepared meals on hand can also reduce portion size and help you reach your nutrition goals. This way, you'll avoid unhealthy options like TV dinners or takeout, especially when you're overwhelmed or exhausted.



DIFFERENT WAYS TO MEAL PREP

There are various ways to meal prep, you don't have to stand in the kitchen for an entire Sunday afternoon. Everyone can find a suitable meal preparation style.

On the next pages, we will see the most popular ways to meal-prep.

MAKE-AHEAD MEALS:

Full meals cooked in advance which can be refrigerated and reheated at mealtimes. This is particularly handy for dinnertime meals.



BATCH COOKING:

Making large batches of a specific recipe, then splitting it into individual portions to be frozen and eaten over the next few months. These make for popular warm lunch or dinner options.



INDIVIDUALLY PORTIONED MEALS:

Preparing fresh meals and portioning them into individual grab-and-go portions to be refrigerated and eaten over the next few days. This is particularly handy for quick lunches.



READY-TO-COOK INGREDIENTS:

Prepping the ingredients required for specific meals ahead of time as a way to cut down on cooking time in the kitchen.

SUMMARY

There are many ways to meal prep, depending on your goals, schedule and meal preferences. Some options include making large batches to be frozen, full meals to be refrigerated and separate portions to be combined as you see fit.



STEPS TO A SUCCESSFUL MEAL PREP

1. Select your meal prep method of choice: This can also be a combination of methods and should be based on your lifestyle and nutrition goals.
2. Stick to a schedule: Pick one day each week to do your meal planning, shop for groceries and cook.
3. Pick the right number of meals: Bear in mind your calendar and the restaurant meals you've planned for the week.
4. Select the right recipes: Keep an eye out for variety and preparation methods. When starting out, stick to recipes you already know.
5. Reduce the time you spend on grocery shopping: Make a grocery list organized by supermarket departments or shop for groceries online.
6. Spend less time in the kitchen: Choose which meals to cook first based on cook times.
7. Store your meals: Use safe cooling methods and appropriate containers. Refrigerate meals you're planning to eat within 3–4 days, then label and freeze the rest.

PICKING THE RIGHT NUMBER AND VARIETY OF MEALS

The right number of meals depends on your individual routine and needs. Variety is key to providing your body with the vitamins, minerals and other beneficial compounds it needs.



COOKING, STORING AND REHEATING FOODS SAFELY

- **Be mindful of proper temperatures:** Make sure your refrigerator is kept at 40°F (5°C) or below and your freezer at 0°F (-18°C) or below.
- **Cool foods quickly:** Always refrigerate fresh foods and meals within two hours of purchase or cooking. For quick cooling, spread out cooked foods in shallow containers and immediately place in your refrigerator.
- **Keep storage times in mind:** Cook fresh meat, poultry and fish within two days of purchase and red meat within 3–5 days. In the meantime, keep them on the bottom shelf of your refrigerator.
- **Cook at the right temperatures:** Meats should be cooked until they reach an internal temperature of at least 165°F (75°C), as this kills most bacteria.

- **Thaw foods safely:** Thaw frozen foods or meals in your refrigerator instead of on your countertop. For faster thawing, submerge foods in cold tap water, changing the water every 30 minutes.
- **Reheat foods only once:** The more times you cool and reheat a food, the higher the risk of food poisoning. That's why defrosted foods should only be reheated once.
- **Reheat foods at the right temperature:** All meals should be reheated to 165°F (75°C) before being eaten. Frozen meals should be reheated and eaten within 24 hours of defrosting.
- **Use labels:** Remember to label and date your containers so that you can consume foods within the food-safe period.
- **Eat foods within the right time period:** Refrigerated meals should be consumed within 3–4 days and frozen meals within 3–6 months (3).

JUST START MEAL PREPPING

Meal prepping is great for people who want to spend less time in the kitchen.

It can also promote nutrient-rich, healthy meals and discourage less nutritious fast food options.

Depending on your goals, schedule and meal preferences, meal prepping may involve making large batches to be frozen, full meals to be refrigerated or prepared ingredients to be combined as needed.

Find a method that works for you and pick one day per week to meal plan, shop and cook.



THANK YOU

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