

HOW TO MEAL PREP FOR THE WEEK IN UNDER 2 HOURS

How to cook *and portion* all your meals for the week in under two hours. The key is **multitasking!** There's more than one burner on the stove for a reason :)

1. Preheat the oven for the food item that requires the lowest temperature first. If I'm doing salmon, I do it first because it cooks at 350. Then the chicken after that at 375. I'll use the broiler (500 degrees) at the very end for the quick stuff.
2. While the oven preheats, get the rice (or brown rice pasta) ready. Fill a pot with two parts water to one part rice and bring to a boil. Once at a boil, reduce heat and cover. Cook time will be on the package, it varies for white or brown rice. For brown rice pasta, cook according to package directions.
3. Cover a baking sheet with foil, place chicken or fish on sheet flat side down, season as your recipe calls for.
4. I bake my salmon at 350 for 18-24 minutes, again, depending on the size. Salmon is done when it is light pink through and flakes easily with a fork. You can also grill any of these protein foods if you prefer to grill. I like baking because I can put it in the oven and ignore it (note: this is for fresh or thawed salmon. Frozen salmon will have cook times and temperatures on the package).
5. Bake Chicken until fully cooked. When oven is ready, place chicken in the oven. I cook thawed chicken for 23-27 mins depending on the size (Again, frozen packages will have directions).
6. If black beans are in your meal plan: drain one can of black beans and place in a small pot with one half cup of salsa. Warm black beans over low heat.
7. If you do ground turkey or tilapia on the stove: spray a medium pan with oil and heat the pan on medium-high heat. Add the meat and cook until done. Ground turkey will be whitish-grey throughout. Tilapia or other fish will flake easily with a fork. (note: you have 3 burners going now! Rice/pasta, beans, and meat. Don't forget about the beans! Stir occasionally).
8. Once the salmon and chicken are done, switch the oven to broil and move the rack to the top rung. Broiling veggies gives them such a good flavor! You can broil zucchini, asparagus, and Brussels sprouts this way.
9. If you're doing [sweet potato fries](#), they can also be broiled. Slice sweet potatoes and toss in Italian dressing and throw under the broiler for 15 minutes for healthy sweet potato fries.
10. Lastly, cook your veggies. Broccoli can be cooked on the stove using the smallest amount of water, bring to a boil. Once boiling, put the lid on, turn the burner off, and let cook for a few more minutes. Drain. I usually wait until I'm done with everything else and let my veggies cook while I portion out everything else (next section).

Portioning:

Get you a [food scale](#)! This is your new best friend. Also, you're going to need some [meal-sized Tupperware](#).

To portion:

Portioning is done AFTER cooking in all instances except for oatmeal or cream of rice.

Turn your food scale on. Many will have different settings: i.e. grams or ounces. Make sure it's set to ounces (or lb:oz). Set the Tupperware on the food scale first, then tare or zero it so it's at 0 oz with the Tupperware on it:



Then slowly add your protein until you get to 4oz. (or your desired amount based on your macros). TIP: use kitchen shears (scissors) to cut your chicken! It's so much easier and faster than using a knife, and you don't have to cut it later when you're eating it at work or in the car!



Finally, Portion out your rice and beans using dry measuring cups (1/2c usually), you do not need the scale for this. Add as many veggies as you want to the meal and you have a full meal ready to go! Portion everything this way. For sweet potatoes same as protein-weigh out 4 oz on the scale.