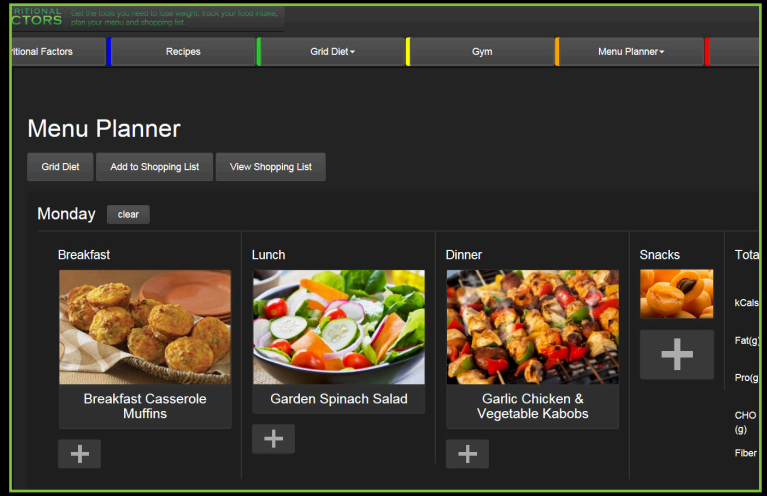




TWO RECIPE DATABASES
ORGANIZE YOUR RECIPES!



HEALTHY EATING PLAN AND
7 DAY MENU PLANNER!



NUTRITION FACTORS

MEAL PREP GUIDE



MEAL PREP GUIDE
SAVE TIME & MONEY!



PRODUCTS THAT MAKE
THE JOB EASY!

GETTING STARTED:

Get the tools you need to make meal prep planning a breeze!

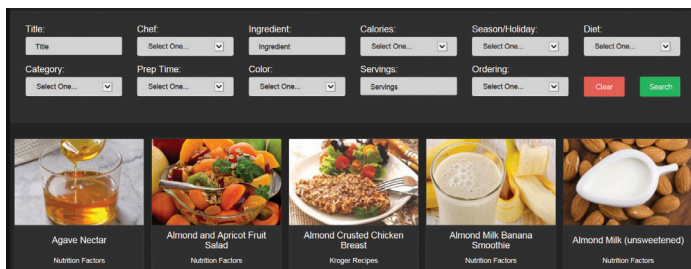
Create a Visitor's Account. Register for a Free Visitor's Account at nutritionfactors.com. Having a database of recipes for meal prep ideas will give you endless meal choices to prep. Keep recipes organized by adding them to your online recipe grid. Adding recipes to the recipe grid makes it easy to reuse your favorite recipes.

1. Planning

Choose a Day. Start with determining which day of the week or weekend is best for you to plan and prep for the upcoming week, and be consistent! It is helpful to grocery shop on this day as well for the upcoming week.



2. Select Recipes



Start by looking at the different types of recipes. From the recipe home page, under the search section, click on category and then scroll down to Meal Prep. Meal Prep recipes can be sorted by "All Menu Prep" recipes or by individual meal prep categories. Select your recipe by clicking on the save to grid button. Once you have selected all of your recipes, add the recipes to the seven-day menu planner. Ingredients can then be sent to your shopping list by adding a check mark into the box and clicking add to shopping list.

Types of Cooking Methods:

- **One-pot meals** — everything is added in one pot, quick, simple and clean up is a breeze!

- **Crock pot or slow cooker meals** – let the meal simmer all day on low, filling the house with the lovely aroma of a meal ready when you get home! And often leftovers for the next day!
- **Pressure cooker meals** — this method preserves vitamins and minerals and cuts down on cooking times.
- **Freezer based meals** — with all your ingredients in a freezer bag, simply thaw and prepare!
- **Freezer and dry meals** — these meals will be stored in the freezer and your dry goods area.
- **Master mixes** — these are select ingredients of a recipe that are prepped ahead of time, letting you simply add a few fresh ingredients to the mix and your done!

Budget:

Consider your budget ahead of time.



Ask yourself the following questions:

- How much do you want to spend?
- How many recipes do you want to prepare at one time?
- How many people do you need to serve?

Sales and Coupons

If aiming to stay on a budget, look for sale foods in your local ads. Clip paper coupons in newspapers. Also, grocery store apps have online clipless coupons (i.e. Kroger, Meijer). Choosing items when on sale will help with the food cost. Work towards having a well-stocked pantry by following a pantry list and shopping list. Try to pick recipes that are similar. For example, you may want to prep fruit smoothies one week and vegetable smoothies the next week. Meal prep is an ongoing process. Choose seasonally by purchasing items in season as they are often cheaper and tastier than purchasing off-season produce. Frozen fruits and vegetables work well and can reduce prep time.



3. Prepping Meals

Tools for Meal Prep:

Having the right tools can make meal prep a breeze. Sure it can be done with a knife and some containers, but if you plan to make a habit of this (and we hope you do), we suggest some small kitchen appliances and utensils to make it go smoothly. Having the right tools can cut prep time in half or less. It is important to make sure your containers are freezer, microwave and dishwasher safe.

To get you started, we have selected some helpful meal prep products that we know you will love, and they can be purchased through our online store. You can access the store by clicking on the product image link.

Earn FREE KITCHEN SUPPLIES by referring your friends. For every friend that you refer that purchases one of our meal prep starter kits, you will receive a cash referral fee for their purchase.

Kitchen Tools You Need:

Chopper: A good chopper is a must have for food prep. Just lay the fruit or vegetable inside the chopper and push down on the lid. Chopper comes with three blades that chops, slices and dices fruits and vegetables in no time. Clean up is a breeze.



Flip Blade Mandolin Slicer: Slice, julienne, and wave cut your fruits and vegetables. This slicer is great for slicing fruits and vegetables

for soups, stir-fries, and smoothies. Just turn the knob to control the slice thickness.

Knives: Having the right knives are essential to any kitchen. Using a dull knife will slow down the prepping process. We suggest investing in a good set of knives.



Food Scale: As any good chef knows, portioning food is important when dividing a large recipe. Portioning will ensure that each meal contains the specified amount. For dieters, measuring your food will help keep your calories within the allotted target range.

Portion Control Rings:

A simple and quick way to measure food is with portion control rings. Rings are color coded and correspond to particular groups of foods. Accurate portion sizes are essential to diabetes management and weight-loss. Portion control rings help you visualize serving sizes.



Spiralizer: This tool can be held over a pan, bowl or plate to spiralize zucchini, squash, carrots, potatoes, and cucumbers. Substituting

vegetable spiral noodles for pasta is an excellent way to cut calories.

Containers: Select appropriate reusable and disposable containers.

- **Reusable containers:** Choose a container that will protect food from freezer burn and can go from freezer to microwave. Reusable containers should also be dishwasher safe.
- **Disposable containers:** If using a disposable container make sure it is suitable for both freezer and microwave temperatures.



Collapsible Measuring Cups: Simply press the colored cups to expand or fold. Includes 4 pieces that collapse for easy storage.

Flexible Measuring Spoons: Great for scooping and leveling dry ingredients.



Basic Starter Kit: Food scale, chopper, paring knife, storage containers.

Deluxe Starter Kit: Everything you need to get started in one kit. Kit includes food scale, cutting board, spiralizer, chopper, slicer, chef knife, paring knife, storage containers and disposable containers.

Serving Sizes and Portions

Consider serving sizes and portions of recipes. Recipes may need to be adjusted to scale based on the number of people you are preparing meals for. If you like a particular recipe, consider doubling it and storing in the freezer and making full use of oven space.

- Plan balanced meals from all the food groups.
- Make sure to include ALL ingredients for all recipes, including spices, herbs, seasonings, etc.

Prepping can be done in as little or as much detail as you would like. Simply peel, cut and chop your items. Start with prepping dry ingredients first and then move onto items that need to be refrigerated or frozen. Meat and proteins should be prepped last to reduce the risk of contamination. To prevent cross contamination use separate cutting boards for fruits/vegetables and meats and seafood.

Washing Produce: Produce must be washed before prepping to remove microbes that can cause foodborne illnesses. Start by washing your hands with a mild detergent. Add produce to a clean sink or container and run under water. For

firmer textured produce, a brush can be used to scrub the produce. However, don't use a brush on delicate berries. Produce can be soaked in a water-vinegar solution using 1 part vinegar to 3 parts water. This solution will work well for firmer produce such as apples, potatoes, and cucumbers. Green leafy vegetables can be soaked in ice water for 1-2 minutes and then blotted dry. Allow green leafy vegetables to completely air dry before prepping. Produce should be refrigerated immediately upon washing.

STEP 1: Peel, cut, chop any raw **VEGETABLES** for lunches, dinners or snacks.



Prep suggestions:

- **Steaming in microwave/stove top** – place a small amount of water in the bottom of dish, add veggies, and cook until desired tenderness
- **Blanching or parboiling** – boil water on the stovetop and place vegetables in boiling water for a few minutes. Immediately remove and place in ice cube water bath to shock the vegetables. Pat dry with paper towel. This works well for green beans, leafy greens, beets, etc.
- **Sauté** – place olive oil or your oil of choice in a skillet, sauté sliced vegetables and season with spices. Let cool; then they are ready to be portioned. Don't overcook vegetables as you will be cooking them again at meal time.
- **Bake or roast** – place cubed or sliced vegetables on a pan with baking spray or lined with aluminum foil. Season as desired and bake until desired tenderness.

STEP 2: Peel, cut, chop any fresh **FRUITS** for lunches, dinners or snacks.



STEP 3: Prep the **PROTEIN** options.

- Make specific meals that can be used for leftovers the next day.
- Make note of which items freeze well and can be stored in the freezer.
- Make your meat 'simple' and versatile. Keeping meats simple will allow you to use the meat for a variety of meals throughout the week, season it as you start to cook the meat.



Prep suggestions:

- **Broiling** – place meat on a cooking sheet sprayed with baking spray or covered with aluminum foil (to make cleanup even faster!)
- **Sauté** - place olive oil or your oil of choice in a skillet, sauté protein and season with spices. Let cool; then they are ready to be portioned.
- **Bake or roast** – place protein on a pan with

baking spray or lined with aluminum foil. Season as desired and bake until desired tenderness. This works especially well with chicken and fish.

- **Grill** – meats like chicken, beef, turkey; this works well for tenders, burgers, sausages, etc.

STEP 4: Portion your items

Using a scale or measuring cups or spoons, begin to measure out amounts for your recipes. If you are on a weight reducing diet, using a scale is necessary as you will need to keep track of calories.

STEP 5: Package your meals

Place complete meals in individual Tupperware (BPA free), mason jars, or quart or gallon sized plastic freezer bags.

STEP 6: Label your meals

Note what meal is inside and the date you made it. Also, note if you will need to add any fresh ingredients later on. You may also note the preparation method (saucepan, slow cooker, oven, etc.)

STEP 7: Store your meals

Some meals may be stored in the fridge for up to 3 days. Otherwise, opt to store them in the freezer, and thaw when needed. See allowable storage times below.

Foods that freeze WELL:



- bread
- casseroles, slow cooker meals, soups or stews, meats
- fruits/vegetables whole – asparagus, bananas, berries, beans, corn tomatoes
- fruits/vegetables sliced or diced – apples, avocado, broccoli, bell peppers, cauliflower, carrots, peas, pineapple, peaches, plums, squash
- herbs
- rice

Foods that do NOT freeze well:



- dairy
- fruits/vegetables with a high water content – celery, cucumber, onions, lettuce
- fried foods
- pasta
- whole eggs

Thawing tips:



- Place a frozen slow cooker meal in the fridge the day before so it can begin to thaw.
- Thaw meals overnight if possible, or if last minute thaw in the microwave or cold bowl of water (while the meal is still in the bag).
- Do not thaw at room temperature.
- If placing a recipe directly in the oven from the freezer, note that the cooking time will be lengthened.

STEP 8: Clean up

Make sure everything in the kitchen is properly washed and rinsed, especially items where raw meat or seafood touched! Wash hands and keep counters and other prep areas clean. Make sure to thoroughly clean blenders, food processors, stand mixers and other kitchen tools.



GROCERY LIST

Protein/Meats:

- Chicken breast (boneless, skinless), thighs
- Cottage cheese
- Eggs whites, Hard boiled eggs
- Fish – salmon, tilapia, shrimp, cod, mahi-mahi, tuna, anchovies, halibut, scallops
- Greek yogurt
- Ground beef
- Lamb
- Pork
- Sausage
- Steak
- Turkey – tenders, ground
- Plant-based proteins: tofu, tempeh, edamame (soybeans), beans (black beans, chickpeas, kidney beans), hummus, dried peas, lentils (brown and red), nuts (almonds, cashews, pecans, pistachio, walnuts)



Vegetable ideas:

- Brown: mushrooms, potatoes, garlic, onions
- Green: asparagus, green beans, broccoli, cucumber, peppers, sugar snap peas, zucchini, avocado, cabbage, celery
- Leafy greens: spinach, kale, swiss chard, bok choy, arugula
- Purple: eggplant, purple beans
- Red/Yellow/Orange: peppers, spaghetti squash, carrots, tomatoes, sweet potato, beets



Fruit ideas:

- Apples
- Bananas
- Blackberry
- Blueberries
- Cantaloupe
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Honeydew
- Kiwifruit
- Lemon/Limes
- Mango
- Oranges



- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranates
- Prunes
- Raisins
- Raspberries
- Strawberries
- Watermelon

Grain/Starches ideas

(look for whole grains!):

- Amaranth
- Barley
- Brown rice
- Buckwheat
- Millet
- Oats – old fashioned, steel cut
- Quinoa
- Whole grain bread/wraps/tortillas
- Whole grain pasta
- Whole-wheat English muffins
- Wild rice – basmati, jasmine, wild grain



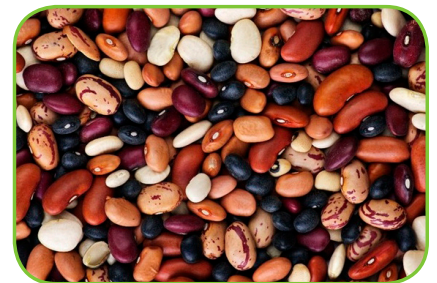
Pantry List

Seasonings & Spices – these are a great alternative to seasoning food, instead of fat like oil, butter, or cream.

- Allspice
- Basil
- Bay leaf
- Black pepper
- Cardamom
- Cayenne pepper
- Chili pepper, dried
- Cilantro/coriander seeds
- Cinnamon
- Cloves
- Coriander
- Cumin seeds
- Dill
- Fennel
- Ginger
- Mustard seeds
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Sage
- Spearmint
- Tarragon
- Thyme
- Turmeric

Dry Goods and Canned items

- Almond extract
- Arrowroot
- Baking powder
- Baking soda
- Black beans
- Broth – vegetable, chicken or beef
- Cacao powder and nibs (raw chocolate)
- Capers
- Chickpeas or garbanzo beans
- Chili paste
- Chutney



- Cocoa powder
- Cooking wine
- Dijon mustard (smooth and coarse)
- Horseradish
- Maca powder
- Olives (kalamata and green)
- Peanut butter
- Peppermint extract
- Sesame chili oil
- Soy sauce/tamari
- Tabasco
- Tuna (canned)
- Vanilla extract
- Vinegar (apple cider, balsamic, red wine, sherry)
- White beans

Frozen Goods

- Frozen fruits (strawberries, blueberries, mango, raspberries, blackberries)
- Frozen grains (whole grain rolls, bread, baguettes)
- Frozen proteins (meat, fish, beans, shrimp)
- Frozen vegetables (beans, corn, broccoli, peppers, onions)



A well-stocked kitchen and pantry makes meal prep easy. Adding tools and utensils for the Kitchen can be done a little at a time – these tools are great for making meal prep even easier! You may already have some of these in your kitchen! Depending on your specific recipes you may find these helpful:

Cookware

- baking dishes
- saucepans and skillets
- baking sheets
- steamer
- muffin tin
- slow cooker

Kitchen Appliances

- blender
- mixing bowls
- food processor
- rice cooker
- measuring cups and spoons
- stand or hand mixer

Knives and Cutting

- bread knife
- grater
- can opener
- kitchen shears
- chef's knife
- paring knife
- chopper
- pizza cutter
- cutting board
- spiralizer

Storage Containers

- freezer grade, plastic storage bags
- permanent marker for labeling
- plastic food storage containers

Utensils

- mixing spoons
- tongs
- rolling pin
- whisk
- spatulas
- wooden spoons

Freezing Fruits and Vegetables

Preserving foods by freezing is a great way to retain color, nutrients, and flavor. If you properly freeze fruits and vegetables they can last up to a year. Most all fruits and vegetables freeze well except for tomatoes, onions, lettuce, radishes and cucumbers as they lose their crispness during freezing.

Containers: Heavy ziploc plastic bags and plastic or glass containers that have a moisture-vapor resistant lock are recommended.

Preparation: Most fruits and vegetables needs to be blanched if they are going to be stored for a long period. Fruits retain their flavor better if they are packed in light syrup. Sweetened fruits are mainly used for desserts while unsweetened fruits are used in recipes or for cooking.

Syrup: For every pint of fruit add ½ cup of syrup. Syrup can be made with 2 cups sugar and 4 cups water. Dissolve sugar in boiling water until sugar is dissolved.

Unsweetened Fruit: Berries, pineapple, mango, figs, cranberries and rhubarb freeze very well with no added sweetener. Ascorbic acid (vitamin C) can be added to fruits to prevent browning. Apples, apricots, peaches, pears, and nectarines will need to be treated with a lemon juice and water mixture or with dissolved vitamin C tablets.

Blanching: Vegetables and some fruits should be blanched before freezing. Place washed vegetables in boiling water for 1-2 minutes and cool quickly in ice water for 1-2 minutes.

Freezing Meats and Fish

Meats and fish can be frozen either cooked or uncooked. Cooked meats and fish can be added to the container with other ingredients. Uncooked meats should separate from other ingredients until the meat has been cooked to prevent cross-contamination.

COOKING CONVERSION CHART

Cup	Ounces	Milliliters	Tbsp
8 cup	64 oz	1895 ml	128 T
6 cup	48 oz	1420 ml	96 T
5 cup	40 oz	1180 ml	80 T
4 cup	32 oz	960 ml	64 T
2 cup	16 oz	480 ml	32 T
1 cup	8 oz	240 ml	16 T
3/4 cup	6 oz	177 ml	12 T
2/3 cup	5 oz	158 ml	11 T
1/2 cup	4 oz	118 ml	8 T
3/8 cup	3 oz	90 ml	6 T
1/3 cup	2.5 oz	79 ml	5.5 T
1/4 cup	2 oz	59 ml	4 T
1/8 cup	1 oz	30 ml	3 T
1/16 cup	1/2 oz	15 ml	1 T

Fahrenheit	Celsius
100 F	37 C
150 F	65 C
200 F	93 C
250 F	121 C
300 F	150 C
325 F	160 C
350 F	180 C
375 F	190 C
400 F	200 C
425 F	220 C
450 F	230 C
500 F	260 C
525 F	274 C
550 F	228 C

Imperial	Metric
1/2 oz	15 g
1 oz	29 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	141 g
6 oz	170g
8 oz	227 g
10 oz	283 g
12 oz	340 g
13 oz	369 g
14 oz	397 g
15 oz	425 g
1 lb	453 g