

Meal prep made easy

Take the guesswork out of dinner time. These three easy meal prep techniques help cut down cooking time AND keep you on track toward your weight goals.



Batch

With batch cooking you'll have peace of mind knowing you've got something you like on hand. PLUS it's a huge time saver for those busy weeknights.

Pick a time that works with your schedule. Cook once—then enjoy all the newfound free time you have during the week!

Strategies to try

- Prepare 1 or 2 of your favorite dishes
- Divide into single-meal portions to refrigerate or freeze

Try one of these batch-friendly recipes this week

- [Berries and Cream Overnight Oats](#)
- [Autumn-Spiced Carrot Muffins](#)
- [Chickpea Curry](#)
- [Teriyaki Meatloaf Muffins](#)



Dietitian tip

Spoon your batch recipe into muffin tins and freeze. Pop out single servings later in the week when you need them.

Block

Another great time saver, this method means you'll prepare parts of a meal ("blocks") ahead of time. The blocks can be combined later for easy meals on the spot.

Strategies to try

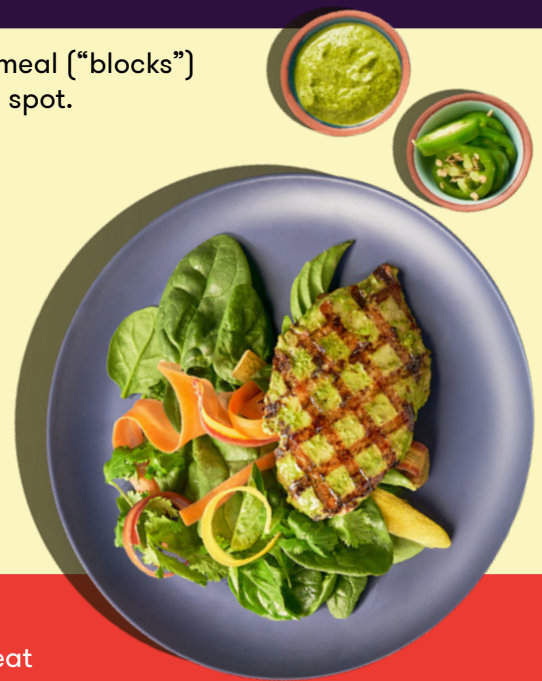
- Prepare a large quantity of rice or potatoes; protein like chicken; veggies; or salad (minus the dressing)
- Refrigerate the blocks so they're ready when you are

These recipes include block-friendly ingredients

- [Cilantro Jalepeño Chicken Breasts](#)
- [Spring Vegetable Medley](#) or [Roasted Baby Yukon Potatoes](#)
- High-fiber carbs like rice or quinoa to [build a variety of balanced plates or bowls](#) throughout the week

Dietitian tip

Combine blocks to build bowls, wraps, sandwiches, or salads. It's a great way to add variety to your week!



Bake

Also known as sheet pan cooking, baking is a triple threat:

- One pan for cooking
- All the food groups you want
- One pan clean-up

Try out our super easy way to prep veggies and your favorite protein

- Line a cookie sheet or sheet pan with aluminum foil and coat it with non-stick vegetable spray
- Lay out in a single layer your protein and veggies, sprinkle with your [favorite seasoning blend](#), and drizzle with oil
- Bake at 425° until veggies are tender and brown, and the protein is cooked through

Click to try one of these recipes

- [Sheet Pan Mediterranean Salmon with Roasted Veggies](#)
- [6-way sheet pan chicken](#)

Dietitian tip

Play with different combinations of proteins, vegetables, and [seasoning blends](#). The possibilities are endless!



More tips for easy meal planning

For more ideas on building a meal for fullness and flavor, check out these [Tips for Easy Meal Planning](#).