

Meal Prep for Beginners

Save time, money and stress with a simple weekly system: plan once, shop once, cook once and eat well all week.

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- A 2-hour Sunday prep plan
- 10 easy make-ahead recipes
- Planning, shopping and freezer worksheets

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Storage times in this book are general guidelines for home cooking. Always use your own judgment, follow the instructions on food packaging and check local food safety advice. If you have allergies or a medical diet, adapt the recipes accordingly.

Contents

Before you start	4
1. Four ways to meal prep	5
2. Gear, storage and food safety	7
3. Plan your week	9
4. The 2-hour prep session	11
5. Building blocks: mix and match	13
6. Ten easy recipes	15
7. The freezer is your friend	21
8. Keep it going	23
Worksheets	25
A final word	30