

90 MINUTE MEAL PREP HACK



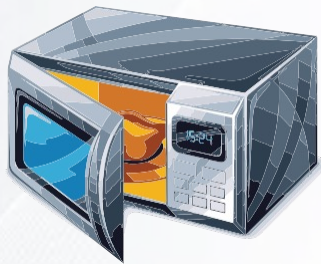
Step 1

don't put anything away yet as soon as you get home with groceries!



Step 2

preheat oven to
180



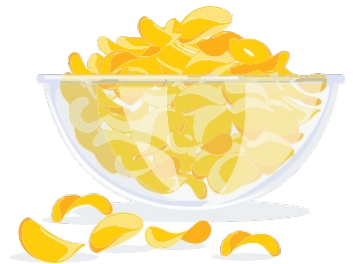
Step 3

turn music on
(music is a must or a motivating audiobook)



Step 4

put week's poultry and potatoes into a glass baking dish adding only spices. nothing else.



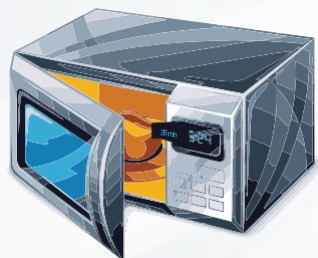
Step 5

put dish into oven



Step 6

once the oven is at 200. set a timer for 35min for chicken and 70min for potatoes



Step 7

put veggies into freezer/fridge



Step 8

put refrigerated items like egg whites away.



Step 9

put rice in rice cooker, if you have one. if you do not have one, here are easy instructions



RICE

put brown rice and water together in a pot with a lid. use the ratio of 1.5 cups water to 1 cup dry rice. if you are making it for the week, just add up your cooked rice portions,



EX

7 days of .5 cups of cooked brown rice would be 3.5 cups of cooked rice. now take 1/3 that amount, and that will be the uncooked amount you need to put into the pot.



Step 10

set the heat to maximum, and bring the rice/water to a boil uncovered. then bring it down to a simmer until all water is absorbed.

turn off the heat, and let the rice sit in the covered pot for another 10 minutes.



take rice out and use a measuring cup to put it into your tupperware for the week. use excess to feed starving children or your dog ☐



Step 11

PASTA

take water to a boil. use the ratio of 1.5 cups water to 1 cup dry rice. if you are making it for the week, just add up your cooked rice portions,



EX

7 days of .5 cups of cooked brown rice would be 3.5 cups of cooked rice. now take 1/3 that amount, and that will be the uncooked amount you need to put into the pot. in this example, you would need ~1.25 cups of uncooked rice with 3 cups of water.

Step 12

wash out any tupperware that need to be washed from the week before



Step 13

place on the counter for when you take meats out



Step 14

take meats out and put them into large tupperware & put 2 meals worth for the next day out or make all your meals at once.



Step 15

put the other ingredients of meals into prepped meals for next day or just put them all into a single larger container that you then take from daily to make the meals for the next day



Step 16



eat one meal according to the plan as a nice reward for your hard work