

Meal Planning tips

ON THE WEEKEND

Prep one-pot meals and versatile ingredients like grilled chicken and roasted veggies.

STEP 1 LOOK AHEAD



For which busy days in the coming week will you pre-prepare meals?

STEP 2 MAKE A MENU



Put down ideas for your pre-prepared meals. Keep this general; nothing five-star.

STEP 3 SHOP FOR INGREDIENTS



Buy the ingredients for your pre-prepared meals.



STEP 4 COOK FOR THE WEEK



Cook time-consuming meal components: chicken, veggies, potatoes, etc. five-star.

Consider one-pot meals, like Dr. John's Chili below

STEP 5 STORE IT CONVENIENTLY



Pack your prepped food in stackable clear containers and make them accessible in the fridge.



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THE NIGHT BEFORE

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

GRAINS

- Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.
- Cover them with a couple inches of water.
- Leave them on the counter overnight.
- Discard soaking water and pour soaked grains into a pot; cover with two inches of fresh water and boil until tender, 5-60 minutes.

OATMEAL

- In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).
- Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices, and/or protein powder.
- Cover and store in the fridge overnight.
- Enjoy for breakfast warm or cold.

BEANS

- Pour 1 part beans into a large bowl.
- Cover with 4 parts water.
- Leave them on the counter overnight.
- Discard soaking water and pour 1 part soaked beans into a pot; cover with 3 parts fresh water and boil until tender, 45-60 minutes.



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IN THE MORNING

Do quicker prep tasks like washing, chopping, boiling, and toasting.

STEP
1

WORK WITH YOUR ROUTINE



Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.

STEP
2

PUT IT ON THE CALENDAR



So you won't forget — and you can re-schedule if the unexpected comes up. 15 minutes should do the trick.

STEP
3

PREP IN BULK



Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.



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