



Ready...
Set...
Meal Prep!

PREP
DISH

Tips for Using Your Prep Dish Meal Plans

TIP 1:

Delegate Grocery Shopping

If the #1 reason why you aren't meal prepping is the grocery store, then I say delegate the grocery shopping to somebody else! There are many grocery delivery and curbside services available to take this off your plate and guarantee that it gets done! [Click here](#) for a listing of a few major services.

TIP 2:

Keep Plenty of Containers on Hand

Gather your containers and lids before you start Prep Day versus reaching for them after each prep step. Will save you tons of time and frustration. I also recommend using a high quality glass container. They keep your food fresher longer. [Click here](#) for my favorites.

TIP 3:

Set Aside Plenty of Time

Your first couple of Prep Days will take longer than the normal as you settle into a routine and get used to using the plans. I recommend setting aside ~3 hours in the beginning. To help the time go by faster, grab a prep partner, watch a Netflix show, or listen to a podcast or favorite music channel. Wine helps too!

TIP 4:

Wash Your Produce Right Away

As soon as you get home from the grocery store (or after it's delivered), I recommend washing all produce in a vinegar bath. Not only will having fruits & veggies washed and ready save you time on Prep Day, the vinegar helps kill any lingering germs from the grocery store. Here's my [method for a vinegar bath](#).

TIP 5:

Know the Lingo

We have a few standard symbols in the meal plans you will want to know. Most important: the numbers 1-8 at the top correspond the same numbers in the meal plans. Ex.) 1# ground beef (1) means this item is for Meal 1. The # symbol = pound. The [*] symbol means you will store the ingredient or dish for later.

TIP 6:

Don't Be Afraid to Customize

We want you to enjoy the plans so don't be afraid to make substitutions. It's super easy to swap things like bison for ground beef or chicken for seafood. [This video](#) explains how easy it is!

Still have questions? Contact us at info@prepdish.com