

# Your Guide To

# MEAL PREPPING

with



**BC DINING**  
FEED YOUR MIND.

## #1: Write it Down

Write out a menu for the week. Simply getting the ideas out of your head and onto paper can help a lot!



## #2: Make a Grocery List

Writing out your meals & grocery list are a great start. Use your menu to guide your grocery shopping. Grocery lists also help keep spending in check.



## #3: Batch Cook

If you enjoy making all your meals for the week, go for it! If not, focus on one thing. You could batch cook shrimp or chicken, adding different sauces throughout the week to prevent monotony.



## #4: Pre-Package

Buying individually-packaged snacks - or packaging your own servings - saves lots of time! Package on the weekends, and during the week you'll have snacks that are easy to pop in your bag!



## #5: Frozen Foods

Stuck on time, try frozen produce and grain mixes! Grocery stores have great whole grain mixes. Aim for items without sauces and/or lower sodium. Steam these, and have two balanced sides in minutes!



Want to learn more? Book an appointment with our dietitian, Christina Karalolos.



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