| Meal Prep Seminar |
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# Agenda: Opening Introduction

## WHAT IS MEAL PREP?

### Pros of meal prep

##### Save money

##### Eliminate Stress

##### Cooking once a week

##### Cross Utilizing ingredients

## HOW TO FOOD SHOP

### Scratch Cooking – VS – Prepared Foods

### Buying in bulk

## SMOOTHIE PREP – Zip locks are your friend!

### Veggie and fruit options

### Utilizing protein powders

## LOW FAT – VS – NO FAT

### Vinaigrette Demo

## PROTEIN PREP

### Pork tenderloin / Salmon / Vegetarian

### 3 chicken options – 1 pan (Demo)

### Stir fry over cauliflower rice – (Demo)

## MASTER MULTI-TASKING

### Intro to Veggies-Starches-Grains

##### Quinoa Demo

## CONTAINER ASSEMBLY

### Building meals with color and variety (Demo)

## Q&A