

MEAL PREPARATION

Make sure kitchen space is clutter free and clean. Wash hands

Take out ingredients that you are preparing and kitchen implements that you are using. Turn oven to 180 degrees

Protein preparation:

- Hardboil a dozen eggs (will last a week in the fridge)
- Lay out chicken drumsticks on an oven tray, spray with oil and ensure these are coated so they don't stick, sprinkle with salt and pepper, and pop in oven to cook for 45-60 minutes
- Cut chicken breasts in half lengthways and place in medium sized pot, pour in 500ml of chicken stock in the pot, put the lid on and bring this to the boil. Take off the heat and leave 12-15 minutes until cooked through. Take out and leave to cool.
- Prepare a baking tray with non-stick baking paper or spray your tray with olive to prevent it from sticking.
- Put a kilogram of mince in a bowl, using your hands or a fork to break this up. Add spice of choice (such as Cajun, Mexican) or use dried herbs (such as mixed herbs, oregano). Add around 1 tablespoon of any of the herbs and spices you are using. In a separate bowl, whisk an egg to then add to the mince, and use your hands to mix the spice, seasoning and egg through. Using a tablespoon, form meatballs and place on tray, evenly distributing. Place in the oven for 15-20 minutes until done.
- Make Chocolate zoats bar <https://mikkiwilliden.com/recipes/chocolate-apple-zoats-bar>
- Prep your slow cooker meat and vegetables so it is good to go throughout the week (i.e. cut carrots, onion, celery)



Vegetable preparation

- Pull apart lettuce leaves, wash and pat dry and put in container (can shred at this point too)
- Finely shred cabbage and grate carrot to form a coleslaw base and pop in container. Lightly toast mixed pumpkin and sunflower seeds to add ½ to cabbage and carrot, and keep ½ separately to throw on salads or over steamed vegetables later in the week
- Dice capsicum, celery, carrot, courgette, radish, cucumber and pop in container so you can grab a handful and put on salad leaves throughout the week.
- Scrub potatoes or sweet potatoes and cut into similar sizes. Put on a non-stick oven tray and bake at 180 degrees for around an hour (can do the same time you are cooking chicken drumsticks)
- Cut pumpkin, carrot, courgette, brussel sprouts, other vegetables into similar sizes. Toss in olive oil or coconut oil. Sprinkle with salt and pepper (can add another spice mix here if you like, such as Cajun or Mexican) and roast in oven for 45 minutes or until cooked through. Once cool, place in a container, can use these on salads throughout the week.
- Chop broccoli, cauliflower into small florets and pop in small container, ready to steam or microwave throughout the week for meals.
- Use a food processor to rice cauliflower, pop in freezer safe container in single or double portion sizes and pop in freezer to bring out during the week.

Extra prep

- Make mayonnaise
- Cut slices of cheese
- Pre-bag nuts into single portion sizes to make it easy to grab
- Prep smoothie bags

Other tips

Utilise space well. Have a couple of things going on the stove (hardboil eggs, poaching chicken), cook chicken drumsticks and roast vegetables at the same time, etc

Clean as you go to make it easier to grab items you need for subsequent recipes and preparation.

Start simple. The slow cooker hardboiling eggs + baking potatoes + making meatballs will give you 3 protein options, an option for snack and easy to grab carbohydrates that are also nutritious.

