

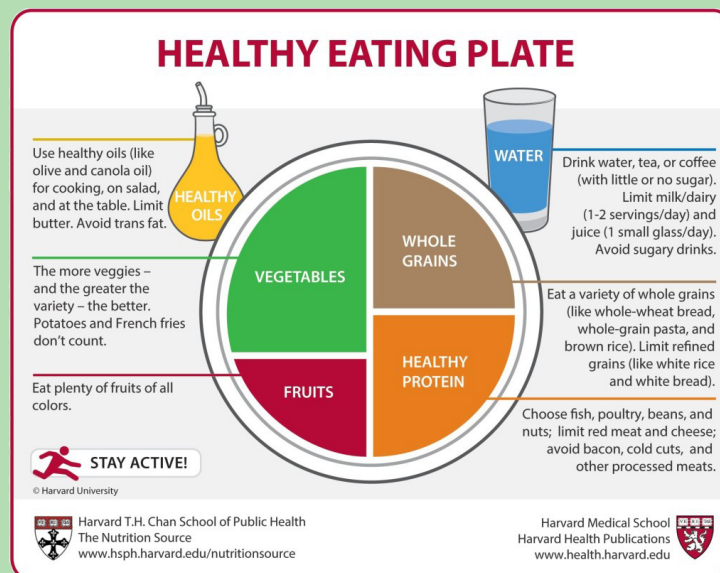


Four Simple Meal Prep Steps:

- 1. Make a plan.** In the beginning of the week, write out a simple menu and organized shopping list. Use the nourishment bowl information inside this brochure to explore healthy combinations.
- 2. Stock your pantry.** Always keep essentials on hand to cut down on the time you spend in the grocery store. Cross off pantry items from your grocery list to avoid buying duplicates. Save money by buying staple items like grains and beans in bulk.
- 3. Pick a prep time that works for you.** Contrary to popular belief, it doesn't take a whole day to meal prep. If you only have a few hours to spend in the kitchen, use that time wisely by preparing multiple meal staples simultaneously.
- 4. Portion it out.** One of the major benefits of meal prepping is that it requires you to portion out your meals. Check out the handy portion guide to see the recommended serving size for each food group. Invest in microwave-safe storage containers to properly store your meals.

The Harvard Healthy Eating Plate

Let's Move Pittsburgh uses the Healthy Eating Plate model created by the Harvard T.H. Chan School of Public Health as a guide for nutrition recommendations.



Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, www.thenutritionsource.org, and Harvard Health Publications, www.health.harvard.edu.

Additional Sources:
USDA Food Safety and Inspection Service
Academy of Nutrition and Dietetics

Connect with Us!

letsmovepittsburgh.org letsmovepittsburgh.org/Blog
 letsmove@phipps.conservatory.org



Phipps Conservatory and Botanical Gardens
One Schenley Park | Pittsburgh, PA 15213
412/622-6914 | hipps.conservatory.org

Select photos © Cory Doman

Printed with plant-based inks on 100-percent post-consumer recycled paper



Meal Prep Made Easy

Make Nutrient-Packed Meals for the Whole Week



UPMC HEALTH PLAN

Let's Move
Pittsburgh



Nourishment Bowl Formula



BUILD A BASE



Brown Rice



Sweet Potato



Farro



Whole Grain Pasta



PICK A PROTEIN



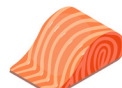
Eggs



Chicken



Beans



Fish



ROAST 2 – 3 VEGETABLES



Brussels Sprouts



Bell Pepper



Cauliflower



Zucchini



DRESS IT UP!

Peanut Dressing

2 tsp. lime juice
2 Tbsp. peanut butter
1 Tbsp. soy sauce
2 tsp. maple syrup
¼ tsp. chili garlic

Honey Mustard

2 tsp. apple cider vinegar
2 Tbsp. olive oil
1 Tbsp. dijon mustard
2 tsp. honey

Greek

2 tsp. red wine vinegar
2 Tbsp. olive oil
½ tsp. lemon juice
2 cloves garlic
Oregano, basil



Storage Times



DAIRY

Opened milk: 4 – 7 days
Opened soy milk: 7 – 10 days
Opened cheese: 2 – 3 weeks
Opened yogurt: 5 – 7 days



EGGS

Fresh eggs: 3 – 5 weeks
Hard-boiled: 1 week
Quiche: 3 – 4 days



MEAT

Cooked poultry, pork, beef, fish: 3 – 4 days
Fresh poultry, fish: 1 – 2 days
Fresh pork, beef: 3 – 5 days



VEGETABLES

Beets, celery, carrots: 2 weeks
Beans, lentils, peas: 3 – 5 days
Kale, spinach, lettuce, collards: 5 – 7 days
Cucumbers, broccoli, peppers: 1 week



Find recipes, healthy lifestyle tips and more at letsmovepittsburgh.org/blog

Handy Portion Guide



Handful

Equal to ½ cup
Grains, beans, potatoes



Palm

Equal to 3 oz.
Poultry, fish, beef, pork



Fist

Equal to 1 cup
Yogurt, milk, veggies, fruit



Thumb

Equal to 2 Tbsp.
Nut butter, cheese, salad dressing

