

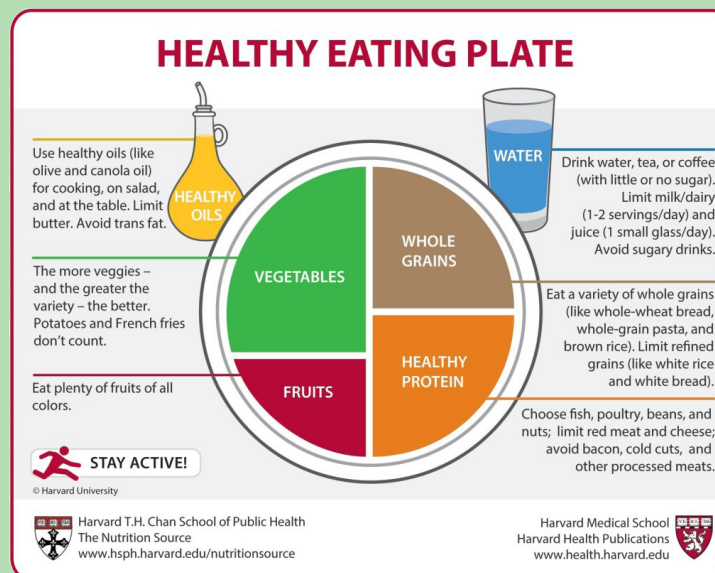


## Four Simple Meal Prep Steps:

- 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](http://www.thenutritionsource.org), and Harvard Health Publications, [www.health.harvard.edu](http://www.health.harvard.edu).

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

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## 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



Tofu



Beans



Lentils



## 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

## Handy Portion Guide



### Handful

Equal to ½ cup  
Grains, corn, potatoes



### Palm

Equal to 3 oz.  
Tofu, legumes, seitan



### Fist

Equal to 1 cup  
Yogurt, milk, veggies, fruit



### Thumb

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



## Storage Times



### DAIRY/NON-DAIRY MILKS

Opened milk: 4 – 7 days  
Opened soy milk: 7 – 10 days  
Opened almond milk: 7 – 10 days



### EGGS

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



### GRAINS

Uncooked quinoa and oats: 4 months  
Uncooked farro, barley, brown rice: 6 months  
Whole-grain bread: 5 – 7 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](https://letsmovepittsburgh.org/blog)