

How to Food Prep



- By now, most of you already know what a healthy meal looks like.

WHAT A HEALTHY MEAL LOOKS LIKE

Before mastering meal prep, learn what, and how much, to eat.



*For how to use your hand to measure portions: <http://www.precisionnutrition.com/calorie-control-guide-infographic>

Team Challenge: What's in a Healthy Meal?

- Can your team guess the correct:
 - Calories
 - Grams of Protein
 - Grams of Carbohydrate
 - Grams of Fat

- 1 BMO serving of the following:
 - Chicken
 - Broccoli
 - Quinoa
 - Pistachios

Team Challenge: Portion Control

- Can your team accurately portion 1 serving size of the following:

- Brussels Sprouts
- Green Beans
- Sweet Potato
- Pineapple
- Greek Yogurt
- Lentils



Healthy Eating in the Context of Real Life

- Reasons people fail
 - Poor nutrition & exercise habits



- Unprepared for tough times

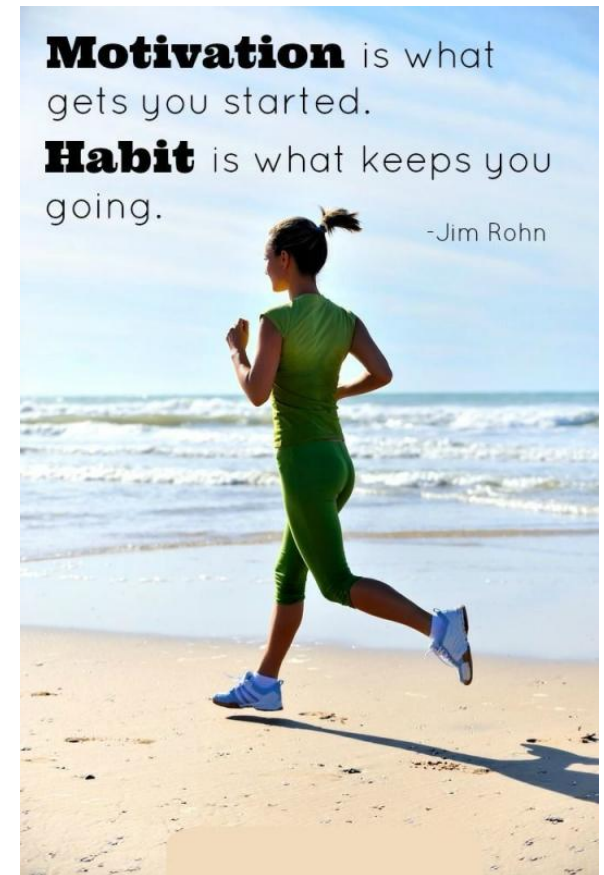




Habits



- Habits are more powerful than:
 - Momentary Desire
 - Information
 - Guilt
- Healthy BMO nutrition is more about altering lifestyle habits
 - Less about the diet and exercise



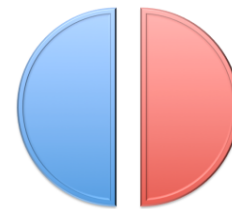
Be Prepared

- Knowing is half the battle
 - Need to know which foods to eat



- Other half?
 - Planning, preparation, logistics

The Battle



■ Knowing ■ Other things



Be Prepared

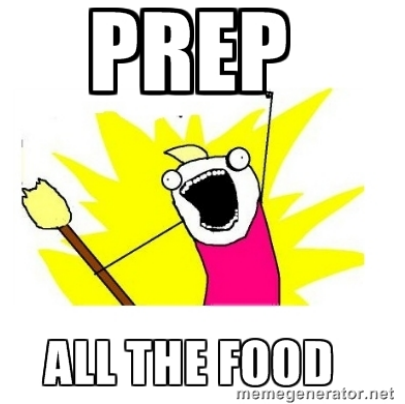
“IF YOU KEEP
GOOD FOOD
IN YOUR FRIDGE,
YOU WILL EAT
GOOD FOOD”
-ERRICK McADAMS

- One secret to success in body transformation is keeping it simple.
- Thinking *less*.
- Making *fewer* decisions.
- Letting your environment do much of the work for you.
- Allowing your healthy lifestyle habits to do the hard work for you





Food Preparation

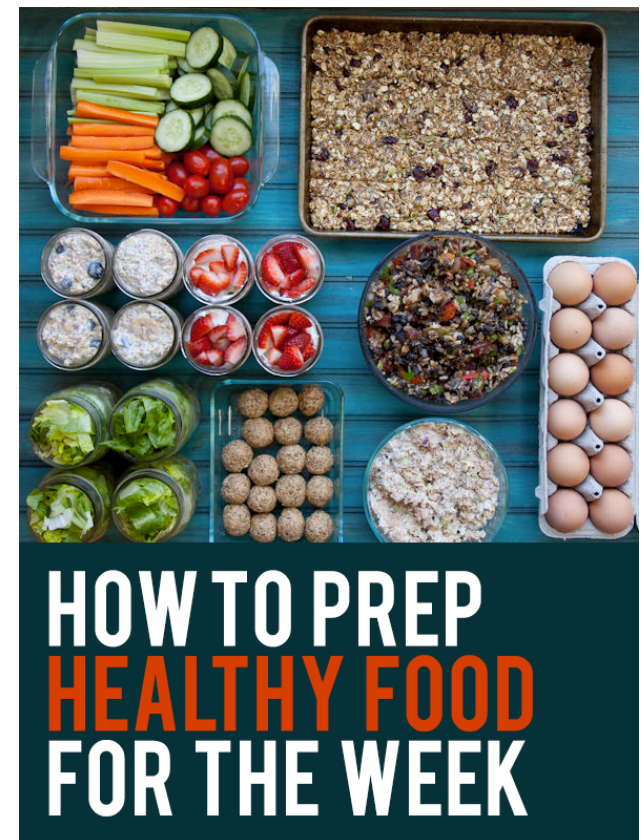


- Time you set aside to prepare some healthy food in advance so that it's ready, available, and convenient when you need it.
- Benefits:
 - Ensures you eat healthy meals & snacks throughout the day
 - Reduces stress & anxiety of trying to figure out every single day what to eat
 - Reduces likelihood you'll eat something that doesn't help you meet your goals



Food Preparation

- Options:
 1. Weekly Food Prep
 2. Daily Food Prep: Breakfast Routine
 3. Daily Food Prep: Dinner Routine
 4. Daily Food Prep: Two for One
 5. Overnight Prep
 6. Freezer Stock
 7. Healthy Meal Service



Weekly Meal Prep

STEP
1

LOOK AHEAD



For which busy days in the coming week will you need pre-prepped meals?

STEP
2

MAKE A MENU



Jot down ideas for your pre-prepped meals. Keep this general; nothing five-star.

STEP
3

SHOP FOR
INGREDIENTS



Buy the ingredients for for your pre-prepped meals.

STEP
4

COOK FOR
THE WEEK



Cook time-consuming meal components: chicken, veggies, potatoes, etc.

Consider one-pot meals, like Dr. John's Chili below

Weekly Meal Prep

STEP
5

STORE IT
CONVENIENTLY

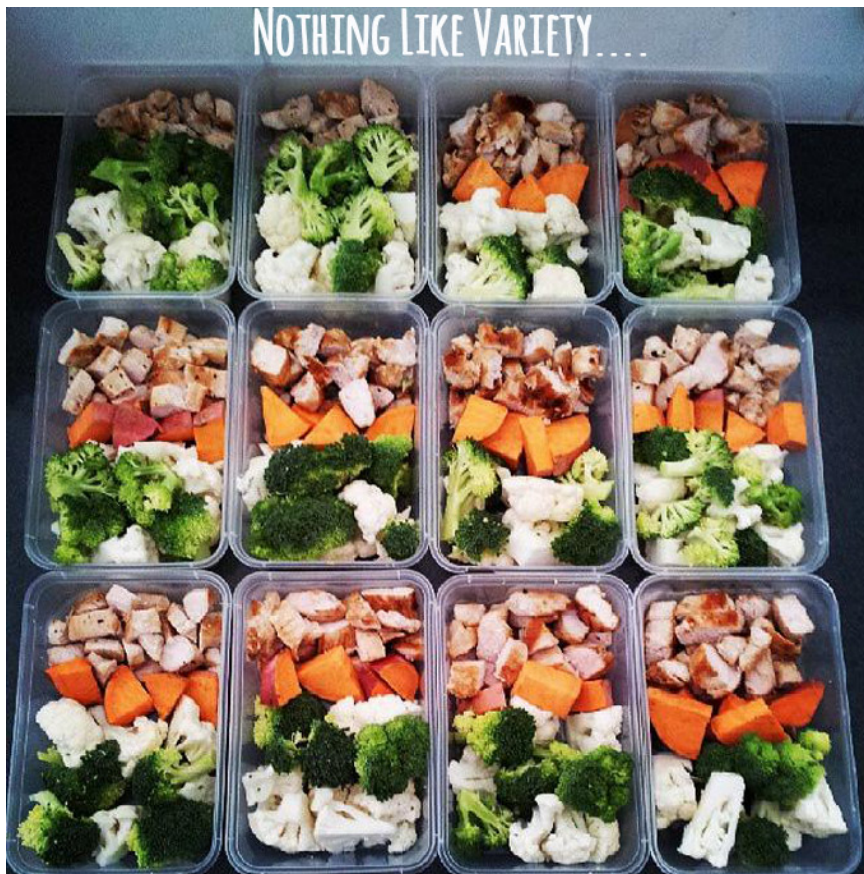


Pack your prepped food in stackable clear containers and make them accessible in the fridge.



Weekly Meal Prep

- Some people choose to prepare almost all their meals for the week on Sundays or Mondays.



Weekly Meal Prep

- Tips to prep all meals on one day:
 - Cook all of your foods at once
 - Start with your slow cooker recipes
 - Cook in bulk



Weekly Meal Prep

- Tips to prep all meals on one day:
 - Keep snacks simple



- Look for short cuts



Weekly Meal Prep

- Tips to prep all meals on one day:
 - Get on the mason jar salad bandwagon

IN A JAR

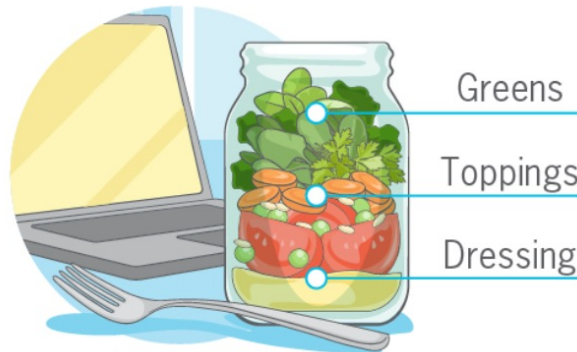
Keep these pre-mixed meals handy at home or work for instant breakfasts and lunches.

OATMEAL



In a large jar, combine uncooked oats with toppings like nuts, seeds, dried fruit, and spices. At breakfast time, simply scoop a serving into a pot, add water, and cook.

SALAD



Pour a serving of salad dressing into a large jar. Add toppings like sliced veggies, nuts, and cheese, then top with lettuce. Seal lid and store upright. Shake and eat.



Weekly Meal Prep

- Tips to prep all meals on one day:
 - Mix things up



pick one from each column:

PROTEIN

chicken
steak
turkey
fish
eggs
tofu
tempeh
chick peas
lentils

VEGETABLE

broccoli
cauliflower
carrot
capsicum
snow peas
zucchini
asian greens
corn
pumpkin

CARB

sweet potato
potato
brown rice
barley
lentils
quinoa
pasta
cous cous
vermicelli

Weekly Food Prep

- Tips to prep all meals in one day:
 - Customized healthy oatmeal jars



Weekly Food Prep

- Tips to prep all meals in one day:
 - Pre-blend smoothies & freeze them



Weekly Meal Prep

- Others prefer to figure out which meals will be easy to cook just prior to meal time and save them for later, preparing only meals that they might need for busy times (such as lunches at work).
 - Target your trouble times



Weekly Meal Prep

- Prepping for 'easy cooking':
 - Pit, seed, chop, dice, slice, and spiralize all the essential vegetables for the week



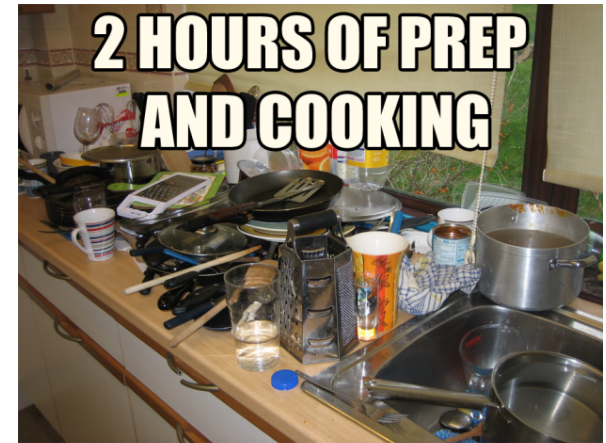
Weekly Meal Prep

- Prepping for 'easy cooking':
 - Prepare all your lean protein



Daily Food Prep

- Rather than prepping all food for the week on a single day, do a little preparation each day.
- **Breakfast Routine:** Cook lunch, dinner, and or snacks while you prepare breakfast



Daily Food Prep: Breakfast Routine

IN THE MORNING

Do quicker prep tasks like washing, chopping, boiling, and toasting.

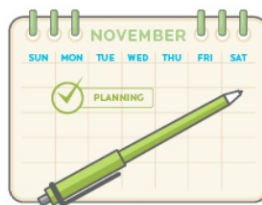
STEP
1



WORK WITH YOUR ROUTINE

Pair food prep with a daily activity like your morning coffee, making lunches, or watching the news.

STEP
2



PUT IT ON THE CALENDAR

So you won't forget — and you can reschedule if the unexpected comes up. 15 minutes should do the trick.

STEP
3



PREP IN BULK

Slicing a few carrots is as fast as slicing one. Same with toasting almonds or chopping herbs.

Daily Food Prep: Breakfast Routine



- Tips:

- Shake up your dry oatmeal and any other items (e.g. ground flax seeds, cinnamon, protein powder, other grains, etc.) in a large container.
- In the morning, scoop out the dry mix, pour in some water, and pop it in the microwave. (Or check out our quick-cooking-grains tip later.) Top with fruit, add more protein if you like (e.g. cottage cheese, Greek yogurt) and enjoy a hearty stick-to-your-ribs breakfast.

Daily Food Prep: Breakfast Routine

- Tips:
 - Make an egg super shake



Daily Food Prep: Dinner Routine

- **Dinner Routine:** Make an extra serving of your dinner each night and use the leftovers for lunch the following day.



Two for One

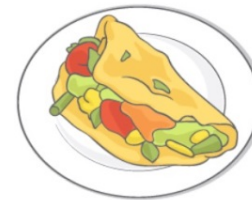
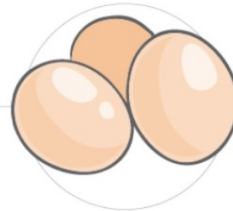
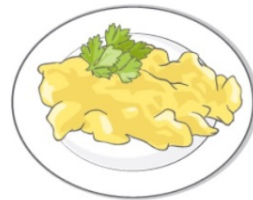
- **Two for One:** Make extra portions and save the rest for tomorrow.

TWO FOR ONE

Prep foods that will keep for a day or two, but not longer.

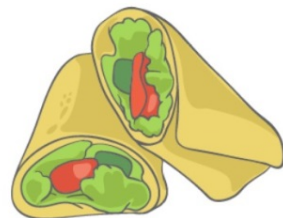
BREAKFAST

Scrambling eggs on Monday? Whisk six eggs instead of two, and store the extra liquid for Wednesday's omelettes.



LUNCH

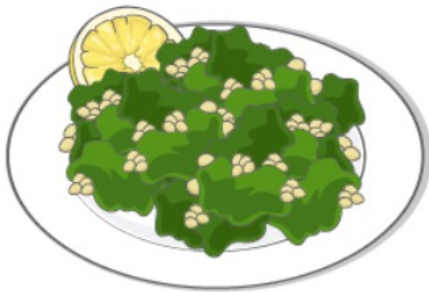
Slice cucumber for today's hummus wrap, and extras for tomorrow's salad.



Two for One

DINNER

Wash and chop kale for tonight's couscous,
and extra for tomorrow's orzo salad.



Two for One



Spaghetti Squash: Hands-on time: 5 minutes | Total time: 17 minutes

- Move over pasta! Spaghetti squash delivers the same noodle-like texture and comfort-food fix for only 42 calories a cup (compared to pasta's 174). "It's a great replacement for pasta for those looking to easily fill up on a lower-calorie, lower-carbohydrate food, and it's a fun way to eat your vegetables," Hill says. Use it in place of noodles in pasta dishes, stir-fries, pad Thai and casseroles.
- **Prep It** (1-2 spaghetti squash): Pierce with a fork several times. Microwave on high 10 to 12 minutes, rotating every three minutes (or pierce and bake at 375 degrees for an hour, turning every 20 minutes). Let cool, cut in half lengthwise, discard seeds and scrape out noodle-like strands with a fork.
- Store covered in the fridge for five days.
- Eat It:
 - **Spaghetti Squash Spaghetti** Spaghetti squash + tomato sauce + sliced chicken sausage
 - **Pesto Spaghetti Squash** Spaghetti squash + grilled vegetables + pesto
 - **Spaghetti Squash Thai Salad** Spaghetti squash + carrots + red bell pepper + cucumber + red onion + shredded chicken + fresh cilantro + peanuts + lime vinaigrette
 - **Mexican Spaghetti Squash** Bake Spaghetti squash + cooked black beans + corn + salsa for 30 minutes at 375 degrees

Two for One



Kale Hands-on time: 10 minutes | Total time: 10 minutes

- There's a lot to love about this leafy green: It maintains its crunch hot or cold, it keeps cut up in the fridge for a whole week without wilting, and it jazzes up salads, soups, scrambles, sandwiches and even smoothies. With 4 grams of fiber in just 50 calories, you get a ton of nutrients for minimal calories. No joke: Kale has double the vitamin C of oranges, more calcium than milk and through-the-roof levels of bone-boosting vitamin K.
- **Prep It** (1-2 bundles): The easiest way to de-stem kale is to hold the stem and run your thumb and index finger down the center rib to strip the greens from the bitter stem. Submerge in a bowl of water with a sprinkle of salt and “massage” for a milder-tasting kale. Pat dry, stack leaves and thinly slice. Store in a resealable bag in the crisper for up to a week.
- **Eat It:**
 - **Kale Smoothie** Blend together kale + coconut water + frozen pineapple + lemon juice
 - **Kale Scramble** Scramble 2 eggs + kale + onion
 - **Kale Quinoa Salad** Kale + quinoa + diced red bell pepper + halved grapes + sesame seeds + grated pecorino or Parmesan cheese + vinaigrette
 - **Kale Skillet Supper** Saute kale + shallots + cooked white beans + canned diced tomatoes

Two for One



Blanch Broccoli Hands-on time: 3 minutes | Total time: 10 minutes

- There's a reason broccoli is the poster child of healthy eating: "It's high in B vitamins, vitamin K, fiber and glutathione, an antioxidant that helps our bodies detoxify," says Hill — plus it only weighs in at 31 calories per cup. Blanching it takes it from superfood to superingredient, making it the perfect addition to pizzas, frittatas, stir-fries and salads.
- **Prep It** (1-2 crowns): Cut broccoli florets into uniform pieces. Bring a large pot of water to a boil, boil broccoli two minutes, remove with a slotted spoon and immediately plunge into ice water. Drain and store in a resealable bag in the crisper for up to a week.
- **Eat It:**
 - **Spicy Broccoli** Sauté broccoli, top with sesame seeds and Sriracha
 - **Broccoli Stir-Fry** Stir-fry broccoli + spaghetti squash + sliced chicken sausage + soy sauce
 - **Broccoli Quinoa Bowl** Top quinoa with broccoli + cooked chickpeas + avocado + pistachio pieces + tahini dressing
 - **Broccoli Salad** Broccoli + shelled cooked edamame + cashews + goddess dressing
 - **Roasted Broccoli** Toss broccoli with olive oil + lemon juice, spread on a baking sheet, sprinkle panko + Parmesan, broil five minutes

Two for One



Chicken Sausage Hands-on time: 1 minute | Total time: 35 minutes

- Sausage gets a bum wrap (blame those fat-filled pork versions full of additives and sodium), yet all-natural, nitrate-free chicken sausage is full of flavor, not to mention muscle-building protein. “A little goes a long way,” notes Ferraro, who says to look for sausages also stuffed with veggies. Add it to soups, stews, pizzas, frittatas, casseroles and tacos for a tasty upgrade.
- **Prep It** (1-2 pounds): Preheat oven to 425 degrees. Pierce sausage all over with a fork, place on a rimmed baking sheet and roast 30 to 35 minutes (until cooked through), turning periodically. Let cool and store covered in the fridge for up to five days.
- **Eat It:**
 - **Breakfast Burrito** Scramble 2 eggs + sliced sausage + onion + bell pepper, spoon into a whole-wheat tortilla, roll and go!
 - **Sausage Sandwich** Layer sliced chicken sausage + poached egg + kale between a whole-wheat English muffin
 - **Warm Sausage Salad** Saute sliced sausage + cooked lentils + green onions, serve over a bed of lettuce + halved cherry tomatoes
 - **Sausage and White Bean Soup** Sliced chicken sausage + cooked white beans + kale + low-sodium chicken broth, bring to a boil and simmer 10 minutes
 - **Mediterranean Skillet** Saute sliced chicken sausage + spaghetti squash + sundried tomatoes + black olives + feta cheese

Overnight Meal Prep

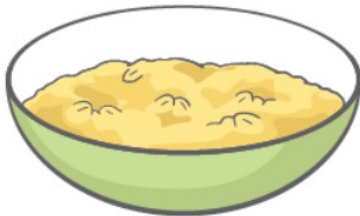


- **Pre Soak Grains:**

THE NIGHT BEFORE

Soak hearty foods like whole grains, beans, and oats to save up to an hour of cooking time.

GRAINS



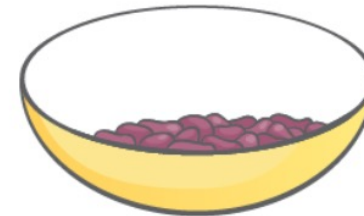
Dump slow-cooking whole grains (like spelt, barley, or wheat berries) into a large bowl.

OATMEAL



In a jar, combine equal parts rolled oats, milk, and plain yogurt (generally 1/3 - 1/2 cup each).

BEANS



Pour 1 part beans into a large bowl.

Overnight Meal Prep



Cover them with a couple inches of water.



Mix in healthy toppings like fresh or dried fruit, nuts, seeds, spices and/or protein powder.



Cover with 4 parts water.



Leave them on the counter overnight.



Cover and store in the fridge overnight.



Leave them on the counter overnight.

Overnight Meal Prep

Ingredients

- 1/2 cup oats
- 1/4 cup (approx. 1 scoop) vanilla protein powder
- 1 small peach, pitted and diced
- 1/2 cup nonfat Greek yogurt
- 1/3 cup unsweetened almond milk
- 1/2 tsp. vanilla extract
- 1/4 cup granulated stevia (or preferred sweetener)
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. salt



FOR WOMEN
FITNESSRx
YOUR ULTIMATE PRESCRIPTION FOR THE PERFECT BODY

Overnight Meal Prep

How to Prepare

- Use a clean mason jar (you can also use a tall mug, Tupperware, or whatever container you have available).
2. In a mixing bowl, stir together almond milk, Greek yogurt, vanilla extract, salt, sweetener, cinnamon, and nutmeg.
3. In a separate bowl, mix together the oats and the protein powder.
4. Pour half of the oat mixture into the bottom of the jar.
5. Pour half of the almond milk onto the top of the oats.
6. Next, layer with half of the diced peaches.
7. Next, spoon half of the yogurt mixture on top of the peaches.
8. Repeat by layering the remainder of oats mixture, followed by the rest of the almond milk, then the yogurt and finally top with the remaining peaches.
9. Put in the fridge and let sit overnight (or at least 5 hours). Dig in with a long spoon to get every layer. Enjoy!



NUTRITION DATA

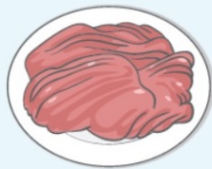
Per serving (recipe serves 1): 400 calories, 41 grams protein, 49 grams carbohydrates (5.5 grams fiber), 5 grams fat

Slow Cooker Meal Prep

DR. JOHN'S CHILI

Make it on Sunday and keep it in the fridge for fast meals all week long.

INGREDIENTS



4 lb extra lean
ground beef (96%)



2 large onions,
chopped



6 garlic cloves,
chopped



4 tbsp chili
powder



1 tsp cumin
2 tsp paprika



1 tsp celery seed
1 tsp fresh
ground pepper



4 (15 1/2 ounce)
cans kidney beans,
drained and rinsed



2 large
tomatoes,
chopped



1 lb carrots,
peeled and
sliced



4 bell peppers: (green,
red, yellow, orange) cut
into 1/2-inch squares



2 (46 oz) bottles
vegetable juice,
spicy hot



1/2 cup cashew
meal

Slow Cooker Meal Prep

INSTRUCTIONS

STEP
1



Brown ground beef over high heat with garlic and onions. Add spices and fry for 2 minutes.

STEP
2



Add browned beef, beans, tomatoes, carrots, peppers, and vegetable juice to a very large pot and bring to a boil. Reduce heat to simmer.

STEP
3



Pulse cashews in a blender until a grainy meal is formed.

STEP
4



Stir cashew meal into chili, cover, and simmer for an additional 30 minutes.



MAKES 10 SERVINGS.

Freezer Meal Prep

- Foods that freeze well:
 - Burgers
 - Casseroles
 - Pancakes & Waffles
 - Soups
 - Broths & Sauces
 - Energy Balls
 - Fresh Herbs



Freezer Meal Prep

- Freeze blend smoothies in muffin tins



Healthy Meal Service

- Healthy Meal Delivery Service
 - Atkins at Home
 - Zone Nation
 - Blue Apron
 - Fuel Food
 - Charleston Fit & Fresh
 - Metabolic Meals
- Premade Foods at Grocery Store
 - Grab-n-go salads
 - Prewashed baby veggies
 - Individually portioned lean proteins
- Personal Chef



Equipment We Recommend

- A good countertop grill
- Cooler to store & carry meals



Equipment We Recommend

- Small & Large Tupperware



Equipment We Recommend

- Small & Large Tupperware



shopzings

Equipment We Recommend

- Small & Large Tupperware



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< Food Storage
Food Storage & Organization Sets

Refine by

Amazon Prime Prime

Eligible for Free Shipping
Free Shipping by Amazon

Brand

- Paksh Novelty
- Isolator Fitness
- Reditainer
- Enzo's Private Selection
- #MyLeftovers
- Flex Active Sports

Feature Keywords

- Microwave Safe (20)
- BPA Free (17)
- Air Tight (9)
- Bento Box (3)

Quantity

- Under 4 Pieces
- 4 Pieces (1)
- 5 Pieces
- 6 Pieces (1)
- 7 to 11 Pieces (8)
- 12 to 18 Pieces (1)
- 19 Pieces & Above (4)

Avg. Customer Review

- ★★★★☆ & Up (23)
- ★★★★☆ & Up (25)
- ★★★★☆ & Up (25)
- ★★★★☆ & Up (25)

New Arrivals

- Last 30 days (5)
- Last 90 days (10)

International Shipping

- AmazonGlobal Eligible

Condition

- New (31)
- Refurbished
- Used (8)

Price

Under \$25 (31)

\$ to \$

Discount

- 10% Off or More (23)
- 25% Off or More (21)
- 50% Off or More (12)
- 70% Off or More (1)

Seller

- Amazon.com (10)
- Amazon Warehouse Deals (7)
- Sotabletop (4)
- Isolator Fitness, Inc. (3)

Equipment We Recommend

- Small & Large Tupperware



Equipment We Recommend

- Small & Large Tupperware



Equipment We Recommend

- Food Scale



Equipment We Recommend

- Water Bottles



Equipment We Recommend

- Spiralizer

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Kitchen & Dining

- Mandolines & Slicers (357)
- Dining & Entertaining (39)
- Utility Knives (12)
- Salad Serving Sets (8)
- Kitchen Utensils & Gadgets (569)
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- Cooking Equipment (2)
- Serrated Utility Knives (1)
- Terrines (5)

• See more

Refine by

Amazon Prime

Prime

Eligible for Free Shipping

Free Shipping by Amazon

Avg. Customer Review

- ★★★★☆ & Up (304)
- ★★★★☆ & Up (362)
- ★★★★☆ & Up (382)
- ★★★★☆ & Up (388)

Kitchen Product Grade

Commercial Grade (14)

Price

- Under \$25 (590)
- \$25 to \$50 (95)
- \$50 to \$100 (22)
- \$100 to \$200 (3)
- \$200 & Above (1)

\$ to \$ GO

Brand

- Spiralizer
- iPerfect Kitchen
- Paderno World Cuisine
- Brieflons
- Veggetti
- Kitchen Active
- ClearMax
- Mueller
- Kitchen Supreme
- Premium V Slicer
- Palermo
- ATZ Chef
- GEFU
- Native Spring
- Supreme Home Cook

• See more

Tableware Material

- Crystal
- Stainless Steel
- Plastic

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High Performing Spiralizers from the Leading Brand
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Showing results in **Home & Kitchen**. Show instead results in **All Departments**.

Related Searches: kitchenaid spiralizer, paderno spiralizer, spiral slicer.

See more choices

Mueller Spiral-Ultra 4-Blade Spiralizer, 8 in 1 Spiral Slicer, Heavy Duty Vegetable Pasta Maker and Mandoline...
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\$31.77 \$74.99 Prime
Get it by **Monday, Feb 8**
More Buying Choices
\$31.77 new (3 offers)
FREE Shipping on orders over \$35
#1 Best Seller in Serrated Utility Knives
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Spiralizer® 4-Blade Vegetable Spiral Slicer, 150% Larger, 50% Less Waste, Compact Veggie Spaghetti/Pasta Maker
by Spiralizer
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\$17.97 new (3 offers)
\$14.83 used (7 offers)
FREE Shipping on orders over \$35
★★★★☆ - 207

See Style Options

Newest & Improved Spiralizer® Spiral Slicer Complete Bundle - Vegetable Cutter - Zucchini Pasta Noodle Spaghetti...
by Spiralizer
\$9.97 \$49.99 Prime
Get it by **Monday, Feb 8**
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\$9.97 new (2 offers)
FREE Shipping on orders over \$35
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★★★★☆ - 345

Paderno World Cuisine A4982799 Tri-Blade Plastic Spiral Vegetable Slicer
by Paderno World Cuisine
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Get it by **Monday, Feb 8**
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\$18.69 used (5 offers)
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★★★★☆ - 7,522

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by Premium V Slicer
\$12.99 \$49.99 Prime
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More Buying Choices
\$12.99 new (3 offers)
FREE Shipping on orders over \$35
#1 Best Seller in Salad Utensils
★★★★☆ - 2,981

Equipment We Recommend

- Mandolin

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+ See more

Refine by

Amazon Prime

Prime

Eligible for Free Shipping

Free Shipping by Amazon

Avg. Customer Review

★★★★★ & Up (145)

★★★★☆ & Up (195)

★★★☆☆ & Up (204)

★★☆☆* & Up (207)

Price

Under \$25 (149)

\$25 to \$50 (49)

\$50 to \$100 (13)

\$100 to \$200 (9)

\$200 & Above (1)

\$ to \$ GO

Brand

OXO

KitchenAid

Benriner

Kyocera

Norpro

NoCry

PL8

Borner

Super Slicer

Kitchen Elite

Slice It

Anybest

Mandoline

The Sharper Image

Cuisinart

+ See more

Kitchen Product Grade

Commercial Grade

Tableware Theme

Fruits & Vegetables

Tableware Material

Plastic

Stainless Steel

Ceramic

Packaging Option

Frustration-Free Packaging (5)

New Arrivals

Last 30 days (2)

Last 90 days (13)

International Shipping













AmazonGlobal Eligible

Condition

New (219)

Refurbished

Used (96)

 <p>V Blade Mandoline Slicer- Heavy Duty 5 Blades, Vegetable & Fruits, Food Cutter, Chopper & Slicer by ToolKitch</p> <p>\$29.90 \$39.90 Prime Get it by Monday, Feb 8</p> <p>More Buying Choices \$24.67 used (2 offers)</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 12</p>	 <p>Premium Mandoline Slicer - Vegetable Slicer - Vegetable Chopper - Vegetable Cutter - French Fry Cutter - Tomato... by Arvista Chef</p> <p>\$24.99 \$49.99 Prime Get it by Monday, Feb 8</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 10</p>	 <p>Mandoline Slicer by Blue Key World - Vegetable Slicer & Cheese Slicer - Stainless Steel Blades - ABS Food Safe... by Blue Key World</p> <p>\$39.85 \$69.85 Prime Get it by Monday, Feb 8</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 4</p>
 <p>Joie Hand-Held Mandoline Slicer with Guard for Right or Left Handed by MSC International</p> <p>\$12.10 Prime Only 12 left in stock - order soon.</p> <p>More Buying Choices \$7.00 new (8 offers)</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 4</p>	 <p>VonShef V Shaped Multi Slicer with 5 Blades inc. Mandoline & Storage Container by VonShef</p> <p>\$22.99 \$69.99 Prime Get it by Monday, Feb 8</p> <p>More Buying Choices \$18.14 used (1 offer)</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 3</p>	 <p>Food Salad Vegetable All-in-one Potato Onion Tomato Apple Egg and Garlic Dicer Chopper Cutter Mandolin Slicer... by Moldly</p> <p>\$25.99 \$29.99 Prime Get it by Monday, Feb 8</p> <p>More Buying Choices \$25.99 new (3 offers)</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 2</p>
 <p>Professional Chef Grade Mandoline Slicer - Premium Vegetable Slicer - Food Slicer - 8 Piece Set with Lifetime... by Inspired Chef</p> <p>\$34.99 \$49.99 Prime Get it by Monday, Feb 8</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 3</p>	 <p>Mimo Style 5 in 1 Mandoline Food Slicer And Dicer Cutter - White and Green by Mimo Style</p> <p>\$16.95 \$23.73 Prime Get it by Monday, Feb 8</p> <p>FREE Shipping on orders over \$35</p> <p>★★★★★ ~ 2</p>	 <p>Oneida Chef's Mandolin Slicer by Oneida</p> <p>\$23.99 new (1 offer)</p> <p>★★★★★ ~ 2</p>
		

Equipment We Recommend

- Blender



iPad 4:45 PM amazon.com 21%

Mixers (4)
Food Processors (4)
Small Appliances (528)
Small Appliance Parts & Accessories (1)
• See more

Refine by
Amazon Prime

Eligible for Free Shipping
Free Shipping by Amazon

Blender Motor Power
 Under 200 Watts
 200 to 299 Watts
 300 to 399 Watts
 400 to 599 Watts
 600 to 699 Watts
 700 to 999 Watts
 1000 Watts & Above

Brand
 Ninja
 Oster
 Hamilton Beach
 KitchenAid
 Vitamix
 Blendtec
 BLACK+DECKER
 Cuisinart
 Blender
 Magic Bullet
 Black & Decker
 Proctor Silex
 Blenders
 GForce
 Nutri Bullet
 • See more

Kitchen Product Grade
Commercial Grade (78)

Food Mixer Number of Speeds
 Under 3 Speeds
 3 to 4 Speeds
 5 to 6 Speeds
 7 to 9 Speeds
 10 to 11 Speeds
 12 Speeds & Above

Replacement Part Type
OEM

Food Processor Capacity
 1 Cup
 2 Cup
 3 Cup
 4 Cup
 5 Cup
 6 Cup
 7 Cup
 8 Cup
 9 Cup
 10 Cup

Vitamix 5200 Super Package with 64oz & 32oz Containers, a Cookbook/DVD, and Spatulas. 7 Year Full Warranty (RED)
by Vitamix
\$594.99 Prime
Only 8 left in stock - order soon.
More Buying Choices
\$573.99 new (11 offers)
\$399.99 used (2 offers)
FREE Shipping on orders over \$35
★★★★★ ~ 70

Vitamix 32 Oz. WET with Blade and Lid. BPA Free Eastman Tritan® Copolyester. New Technology (32 Oz. WET CONTAINER)
by Vitamix
\$122.43 Prime
Get it by Monday, Feb 8
More Buying Choices
\$110.00 new (10 offers)
\$123.00 used (1 offer)
FREE Shipping on orders over \$35
★★★★★ ~ 27

Vitamix Professional Series 750 Blender (1944) with Superfood Smoothies; 100 Delicious, Energizing & Nutrient-dense...
by Vitamix
\$629.95 \$799.00 Prime
Get it by Monday, Feb 8
More Buying Choices
\$526.23 new (5 offers)
FREE Shipping on orders over \$35
★★★★★ ~ 16

Ninja BL682 Nutri Blender System, Silver/Grey
by Ninja
\$299.99 \$219.99 + \$14.97 shipping
More Buying Choices
\$203.26 new (17 offers)
\$186.99 used (3 offers)
★★★★★ ~ 9

Vitamix G-Series 780 Black Home Blender with Touchscreen Control Panel
by Vitamix
\$670.00 \$719.99 Prime
Only 6 left in stock - order soon.
More Buying Choices
\$627.00 new (12 offers)
FREE Shipping on orders over \$35
★★★★★ ~ 7

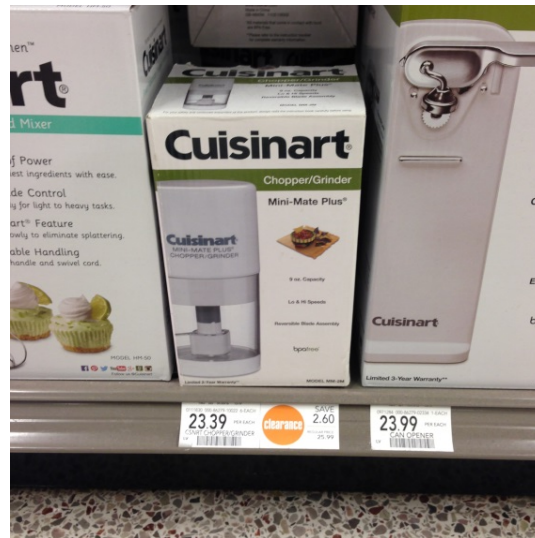
Equipment We Recommend

- Misc. Stuff at Publix



Equipment We Recommend

- Misc. Stuff at Publix



Meal Prep

- Enjoy experimenting with your foods to make delicious, quick and easy meals – every week!
 - Do what’s best for YOU
- Review Pages 227-232 in your Book for more



Team Challenge: Make a Weekly Meal Plan

- Can your team make a meal plan for the week that includes: Breakfast, Lunch, Dinner, and 2 snacks for each day during the week?
- And, can you use the same ingredient and make multiple, different meals.

- Eggs
- Cauliflower
- Zucchini
- Turkey
- Potatoes
- Quinoa

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				



The End!

