



Meal Preparation Process

Step 1: Plan meal options for the week

Considerations:

- Likes and dislikes
- Food allergies or intolerances
- Weekly schedule
- Season eg. Winter = warmer meals
- Include a variety of food groups

Step 2: Write an ingredients list

Considerations:

- What ingredients do you already have?
- Use ingredients in more than one dish to reduce wastage
- Variety of veggies, meats and grains

Step 3: Shop for ingredients

Considerations:

- Favourite/trusted brands
- Nutritious options
- Cost-saving options eg. buy in bulk, buy on special

Step 4: Store ingredients

Considerations:

- Organise pantry for easy access
- Store food safely in the fridge and freezer
- Invest in quality storage containers

Step 5: Cook meals as required

Considerations:

- Cook meals in advance for busy nights
- Time-saving cooking methods
- Healthier cooking methods
- Safely store leftovers