

HWF WEEKEND FOOD PREP TIPS



Healthy, Whole
and Free

Why Food Prep?

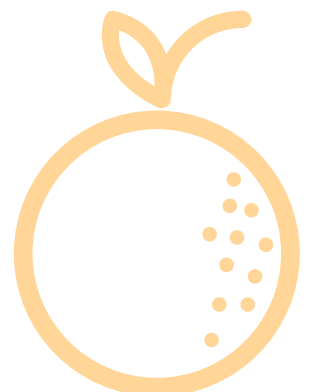
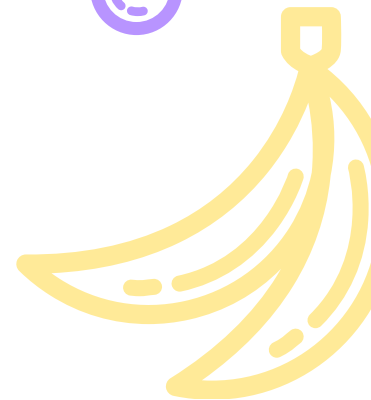
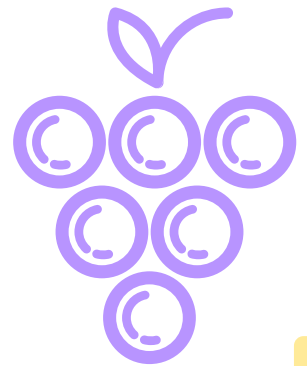
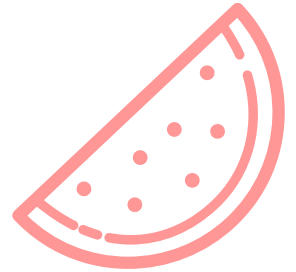
We know that you are all super busy, and let's face it--it definitely takes more time to eat and prepare nutrient dense foods than it does to grab fast food or pre-packaged snacks. We want to help make your weekly meal prep faster and the actual meals more fulfilling and healthy for your family & meal guests. Our heart is to see you more frequently sitting around the table together, filling your body with delicious, satisfying foods, and at the same time nourishing your soul by the time spent with those you love.

We use a chunk of time on our weekends to knock out food prep. It feels like a "get to" instead of a "have to" when we choose to do it as an act of worship--so put on some music, make it fun, and offer that time up to the Lord. "So whether you eat or drink, or whatever you do, do it all for the glory of God." 1 Cor 10:31 (even meal prep!) We promise that this will be time well spent, and it eventually becomes such a habit that you won't even have to think about it!

The next page contains a few ideas to help you get started! Our online Healthy, Whole, and Free Community will be sharing ideas, pictures, and recipes to make things even more enjoyable. We'd love to have you join us!

Happy Prepping!
In health & in Him,

Summer & Liz



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During Food Prep Time:

- * Peel a whole bag of carrots and wash and cut celery before storing in Ziplocs or on a veggie tray where everyone can easily reach.
- * Wash and cut broccoli, cauliflower, and peppers and store in Tupperware or Ziplocs. Keep these containers front and center so they are the first foods we see when we open up the fridge.
- * Wash and individually bag (or make a fruit tray of) grapes and/or oranges, watermelon, cantaloupe or whatever fruits are in season.
- * Hardboil and peel a dozen eggs.
- * Make cauliflower “rice” by putting a head of cauliflower in the food processor and lightly pulsing. Then to heat, just sauté it in a bit of olive oil or coconut oil.
- * Prepare a big batch of brown rice or quinoa. You could make more than you need for one meal and then individually package these in Ziplocs and freeze. Then when you are in a rush for a side dish for dinner just pull a bag out and microwave!
- * Cook lean ground turkey, chicken, or beef with onion and mushrooms. Use this later in the week either on top of salads, as taco filling, or in spaghetti sauce. (Play around with seasonings!)
- * Bake or microwave sweet potatoes.
- * Roast a huge batch of broccoli, cauliflower, butternut squash, or green beans with olive oil and salt and pepper.
- * Saute or roast a head of cabbage in olive oil and garlic.
- * Toast almonds, pecans, pumpkin seeds and/or walnuts and store in a jar.

