

# GW UNIVERSITY MEAL PREP GUIDE

MEAL PREP DOESN'T HAVE TO JUST  
BE FOR MONDAY



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A BEGINNER'S GUIDE TO  
SHOPPING, PREPARING AND  
PORTIONING BUDGET FRIENDLY  
MEALS

# WHAT IS MEAL PREPPING?

Meal prepping is simply the act of preparing a meal or recipe, then portioning it out to create grab-and-go meals for later.

# WHY SHOULD I MEAL PREP?

Meal prepping is convenient, efficient, reduces waste, and is cost effective . When cooking every single day is out of the question, meal prepping can allow you to still eat home-cooked meals without having to dedicate time each day to preparation.

# WHO SHOULD MEAL PREP?

Anyone who prioritizes consistent, affordable, and healthy meal options should consider meal prepping!

## HOW TO BEGIN MEAL PREPPING

Start small by eating last night's leftovers as today's lunch. Then, begin prepping one meal out of your day and eventually grow to meal prep multiple meals!

Remember to prep at a level that works for you. If you know that you get tired of the same meal after three days, give yourself options to cook throughout the week.

# WHAT SHOULD YOU MEAL PREP?

Certain foods work better for meal prepping than others!

Here's a list of good options:

- cooked grains & pasta
- cooked beans
- cooked meat
- roasted vegetables
- hearty fresh vegetables  
(celery, carrots, bell peppers,  
kale, etc.)
- whole fruit (apples, oranges,  
bananas)
- nuts & seeds
- cheese
- sauces and dips

# MEAL PREP OPTION 1: CHICKEN FAJITAS

What you'll need:

- chicken breast cut into strips
- bell peppers and onions sliced into strips
- fajita seasoning
- olive oil & lime juice
- fresh cilantro and avocado slices for toppings



## 1-2-3 Preparation Steps

- 1) Toss chicken breast & veggies with olive oil, lime juice and fajita seasoning
- 2) Arrange on 1-2 sheet pans
- 3) Bake for 15-20 minutes

# MEAL PREP OPTION 1: HUMMUS AND BELL PEPPER LUNCH WRAPS

What you'll need:

- whole wheat wrap
- romaine lettuce, ribs but away
- red bell pepper, cut into thin strips
- cucumber, sliced
- hummus
- salt & pepper



## Wrap it up!

- 1) Start by spreading your desired amount of hummus evenly across the whole wheat wrap
- 2) Then, distribute the lettuce, red bell pepper, and cucumber
- 3) Make it a wrap by folding the sides and rolling it