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Meal prep sunday reddit

When you're like me, there's nothing worse than realizing that you're hungry and you have to cook for yourself. For me, this means that I generally dig through my closets whatever I can do the fastest. Sometimes it's something relatively healthy, like rice and frozen vegetables, but more often than not, it has some variations on microwaved noodles. Which makes me wonder: What meals can I make on a Sunday and eat through the week? Since I work from home, meals I can warm up during the week work well for both lunch and dinner, although even if you leave your apartment for a day, it can be a great budget saving tip to bring your lunch home. Preparing meals for a week can also be useful if you follow a fitness plan because it may reign in temptation if you're prone to ordering delivery or splurging in restaurants (although if you want to indulge, it's fantastic, too). Inspired by the AskReddit niit iceteka which simply asks: What is your favorite to make a pot on a Sunday and eat it all week; A with a can? I'm scouring the comments of the most liked (and most unique) recipes people actually make and enjoy. I upgraded the list with a few suggestions on how to spice up recipes during the week; it can get bored to eat the same thing day in and day out, and if the food is boring, then you'll probably stop eating and let it rot in your fridge, no matter how much you have left over. But all these proposals are just that - proposals. The key here is to use your judgment and preferences for what you enjoy, and that suits your dietary needs. However, while these 10 picks are a good place to start. Eat!1. Vegetarian EnchiladasEnchiladas earned the most votes in the AskReddit jab, and for good reason: Who doesn't love enchiladas? They freeze and heat well and are very versatile. The recipe above is vegetarian enchiladas (replacing meat beans as a protein source also makes them cheaper when you're on a budget), but you can also make vegan enchiladas or low-carb enchiladas, depending on your dietary needs.2. One Pot Chicken AlfredoIf you're a foodie and you're not already after Delicious, get that! Their one pot chicken alfredo recipe has rave reviews for both taste quality and easy following recipe. If you're looking for a lighter version of this Italian-American classic, you can cut back on heavy cream and or use most recipes. Either way, it's hard to beat the filling of the pasta dish, which comes together all in one pot.3. Beans and RiceAh, beans and rice: cheap, healthy classics. If you have a rice cooker or a crockpot pot, beans and rice are a very low maintenance meal; even if you're doing this on the stove, although it's still pretty foolproof (just don't burn your rice!). Beans and rice are also many different. You can season the dish any way you want when you first prepare, of course, and during the week, you can use it as a base for a variety of meals. For example, you can use beans and rice to fill your tacos, under your brunch plate, or balance a plate of roasted vegetables.4. For all the Lentils, All TimeLentils is definitely an unsung hero as much as cheap, nutritious food to go with. They are an excellent source of protein and fiber, low in calories and full of vitamins. Redditors recommend putting lentils in a crockpot pot with vegetable broth, vegetables, and some seasoning to make a healthy, straight forward lentil stew. To enliven it during the week, you can also use your lenses for a quick and easy lens dahl (as shown in the video above) or a lentil raguogne bolsé, taking a meat-free spin on a traditional cheerful dish.5. Hamburger HashAdd i haven't tried this recipe myself, I have to say it definitely sounds filling! It can easily be the basis for other quick and easy meals, too - think sloppy Joes or served meat sauce paste.6. Curry's friendCurry is fantastic in winter; it's warm, it's cheerful, and it can be pretty cheap to make at home, especially if you erego meat or seafood with cheaper proteins like tofu or lentils. Curry goes hard with spices and seasonings, which means it warms well and retains many great flavors. You usually eat curry rice or naan, but if you're looking for some mid-week variety, pretty much every carb makes a soak a delicious spread.7. Macaroni and Cheese ForeverAs Redditor above recommends macaroni and cheese are pretty much foolproof, as well as delicious. The nice thing about macaroni and cheese is that it can actually be quite healthy when you're into it. For example, in a brightening-up macaroni and cheese recipe, you can add broccoli and nutritional yeast while cropping cheese and butter. If you're a butternut squash fan, you can add hearty vegetables to your mac and cheese sauce to give it a creamy and nuanced flavor. If you are looking for a gluten-free option, don't be afraid! You can make gluten-free macaroni and cheese using a cauliflower base. I know it sounds a little suspicious, but I've actually tried it, and can prove it's very good!8. Slow Cooker ChickenWhen it comes to simple meals in bulk, slow cookers reign supreme. Chicken-based foods were quite popular on Reddit, probably because it's relatively easy to cook chicken. Chicken also covers the flavors really well, so you can serve it in a number of ways. There are a ton of variations of chicken in the crock pot of recipes for this reason, but they basically break down: chicken + vegetables + liquid (broth, water, etc.) + seasonings. You can serve chicken full breast, shred it with tacos, dice it burritos etc Slow cooker meals are also nice because you can cook when you run things or work, giving you even time out of the kitchen.9. The slow cooker chillas Redditors make it clear the chili is a crowd pleaser. Chili is one of the easiest, most versatile meals you can make in a large batch. For health-minded people, you can make a turkey chilli or even one pot of mac and chili hybrid using quinoa. If you want to go traditional, there's actually a whole controversy about what authentic chilli is, but this recipe for traditional Texas chilli is pretty popular. Regardless of what kind of recipe you go for, chilli is great for freezing and heating because flavors tend to develop the longer they sit, so you get more punch and nuance for each meal.10. Simple and satisfying SoupSoup is one of those recipes you can do pretty much but you like it. It's also great because you can make large batches of it freeze and have a handy self, or if you often have friends or family cravings for quick, cheerful meals. When heated in soup, it's easy to add a new protein (such as chicken, tofu, beef, etc.) or additional seasonings to spice it up. It's also nice to serve bread next to grilled cheese, crusty bread or fresh salad. Of course, you can also use broth-based soup recipes if you want to cut back on the heaviness that can come with cream or milk-based soups. Pictures: yvonne lee harijanto / Unsplash By the time you get home from work, make dinner, eat and clean up, it may seem like it's almost time to go to sleep - not so much fun. Enter the food prepping, a planning method that simplifies cooking and bases it around your schedule, so you're not scrambling through a 16-step recipe if you'd rather have your feet up, make dinner, and Netflix on. First of all, what is cooking? Cooking preparation can describe a number of different cooking methods, but basically it's almost like arranging leftovers for a simpler breakfast, lunch or dinner. There is no singular way to do this, but two common types include: What are the benefits of meal prepping? Meal prepping can save you time and money because you buy and prepare home-cooked food ahead of time. Many people eat prep by shopping and cooking on weekends, which can work better on your schedule than cramming it during workday. Meal prepping may also make it easier to eat healthier (and lose weight if that's your goal) because the menu can be set down. You're less likely to choose a not-so-big choice if you already have a healthy dinner at home, ready to go. Is there a downside to meal prepping? Since meal prepping can include eating the same dish or type of food for a few days in a row, it's not for people who prize variety and freshness above all else. Getting kids on board eating left behind can also pose a challenge, especially if you're making accommodation with different dietary restrictions or palettes. To avoid monotony, use different spices, bandages or — or plan to freeze your pre-filled food for dinner for another week. Okay! I'm ready - how to start a meal prepping? Before you do anything, you're going to want to stock up on reusable, airtight food containers that will make your ready-made ingredients or meals stay fresh for longer and taste better by locking bacteria and smells out. If you have your own meal prepping gear, you may want to download a meal prep app that will help you keep your plan organized and make shopping and cooking snap curating recipes and grocery lists for you. You all set? The next step is to select recipes. Before you do this, consider these four things: Choose the one you want to prepare for - breakfast, lunch or dinner. Keep it simple, starting with one usually eaten out or skipped at all. Choose a day to cook. Sunday and Wednesday are two common choices. Determine how much you want to prepare. Test preparations two or three days before the test five. You might not eat the same thing all week. Invest in a cookbook. Good Housekeeping Easy Meal Prep: Ultimate Playbook for Make-Ahead Meals comes with over 100 healthy make-ahead recipes, as well as tips and techniques to make meals a prepping breeze. If you plan to create your own recipes, Jaclyn London, MS, RD, CDN says to make vegetables or fruit at least 50% of whatever you're prepping. They don't necessarily come from the actual age section, though: Frozen or canned varieties last almost forever and work on almost every meal. Best food for food: Frozen vegetables: peas, broccoli, cauliflower, Brussels sprouts, green beans, veggie pasta, cauliflower pizza crust, rice vegetables, veggie-based tater totsStarchic vegetables: parsnip, catpava, potatoes, yuca, taro, parsnip, sweet potatoes, canned pumpkinStiff fresh vegetables: celery, carrots, peppers, cabbage, redshSturdy greens: romaine, green leaf (dress just before serving)Whole grains: oats, quinoa, barley, buckwheat, sorupuls pulse: dense rhemed, lentils, beans, peasLeanvalk: frozen or canned seafood, eggs , unsweetened Greek yogurt, skyr, reduced sodium cottage cheese, chopped cheese, tofu, lean cuts chicken, turkey, beef, porkWhole fruits: apples, bananas, oranges, clementines, plums, peaches, pearsAnd seeds: almonds, nuts, peanuts, pumpkin seeds, chia, flax, save this faithful shopping list for your next trip to the grocery store: Need help for inspiration? We have you covered: Best meal prep recipes for breakfast: Breakfast is the most important meal of the day, so it's good to choose once you've chosen which meals prep. You want to make sure that your meals are light, but there are also good carbs, fiber and protein. The best meal prep recipes for lunch:Salads and soups are anything but boring if you take the time to customize them to your liking. Regardless focus on lean protein, healthy carbohydrates and vegetables. Best meal prep recipes for dinner: Add plenty of color to your plate by loading all kinds of vegetables, including broccoli, peppers and tomatoes, but go lighter on carbs and grains. Best meal prep recipes for snacks: Put a healthy spin on your childhood favorites when the afternoon slump hits. Trade peanut butter with almond putter and cheesy popcorn for a sweet matcha. How long does the ready-to-eat meal last? Ready meals can remain in the refrigerator for 2-5 days or freeze for 3-4 months, depending on the ingredients. To play it safe and prevent foodborne diseases, keep food out of the danger zone - temperature between 40°F and 140°F. Sealing food in airtight packaging or containers will not only keep the bacteria out, but also protect the taste and lock moisture in.

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