

Meal Prep Hacks

FOR THE BUSY ATHLETE

An integral part of the new Canada's Food Guide is the inclusion of Healthy Eating Habits. The Healthy Eating Habit "Cook More Often" breaks down the importance of planning what you eat to help support a healthier diet. This principle is worth considering for anyone with a super hectic schedule that could benefit from menu planning and meal prep, like a busy athlete!

Planning meals and snacks helps save time when grocery shopping, have meals ready quicker, reduce food waste by only buying what you will need and use, save money that could be spent on take out and convenience foods, and have more awareness about when and what exactly you are going to eat.

HOW TO MAKE A MEAL PLAN:

- Consider all your meals and snacks, and set aside time to make a plan of what you would like to eat for each.
- Think about your schedule, and how often you need to eat on each given day.
- Gather recipes and ideas to include in your meal plan, keeping a record of your favourites that you can reuse.
- Prep basic ingredients like pre-chopping vegetables, to save time in preparing future meals.
- Pick recipes that have overlapping ingredients to make for quicker and easier grocery shopping.
- Choose recipes that could use up ingredients you already have at home, ingredients that are in season, or ingredients that are on special to lower the cost of your meal plan.
- For larger meals try to make a recipe where half your plate is vegetables or fruits that includes protein foods and whole grain foods as well.

MEAL PREP HACKS:

1. **Cook Once and Eat Twice (At Least!):** Be creative with leftovers - tacos one day can turn into taco salad the next day, and burrito rice bowls the next!
2. **Use Your Freezer Space:** If you don't like to eat the same meal every day having meals in the freezer from previous batches of meal preps is the best!
3. **Use Containers:** containers are great for holding meals that need to be frozen or reheated.
4. **Become a Fan of One-Pot Meals:** meals made in one pot or baked in one dish, are quick and easy to make with even quicker cleanup time.

RECIPE: ONE-PAN GREEK CHICKEN *Makes 6 Servings* *recipe adapted from cookspiration.com*

INGREDIENTS:

- 1 1/2 cups boneless skinless chicken breasts, cut into 1 inch cubes
- 6 gloves garlic, minced
- 5 plum (Roma) tomatoes, chopped
- 1 cup chopped onion
- 1 cup chopped red bell pepper
- 3/4 cup crumbled feta cheese
- 1/2 cup lemon juice
- 1 1/2 Tbsp dried oregano
- 1 1/2 Tbsp dried basil
- 2 Tbsp canola oil
- 1/2 cup pitted kalamata olives
- 1/4 cup chopped fresh basil

INSTRUCTIONS:

- Preheat oven to 375°F (190°C)
 - Serve over rice or with pita bread
- Step 1:**
In a large bowl, combine chicken, garlic, tomatoes, onion, red pepper, cheese, 1/3 cup of the lemon juice, oregano, basil and oil, stirring well to coat chicken. Spread in prepared 9x13 inch glass baking dish and cover with foil.
- Step 2:**
Bake in preheated oven for 30 minutes. Stir and replace foil. Bake for 20 to 30 minutes or until chicken is no longer pink inside. Stir in the remaining lemon juice, olives and basil.

Nutrition Information Valeur nutritive

per 1 serving

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 277	
Fat / Lipides 12.7 g	20%
Saturated / saturés 4.0 g + Trans / trans	
Cholesterol / Cholestérol 83 mg	
Sodium / Sodium 473 mg	20%
Carbohydrates / Glucides 12 g	4%
Fiber / Fibres 2 g 8%	
Sugars / Sucres 5 g	
Protein Protéines 35 g	
Vitamin A / Vitamine A	16%
Vitamin C / Vitamine C	100%
Calcium / Calcium	14%
Iron / Fer	12%

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