

Sustainable Meal Prep

Guide

Eat Cheaply,
Eat Healthy, Eat Sustainably

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Guide

Save Time & Money,
Eat Healthy, Be Sustainable

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Meal Prep Guide

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What you need:

Food Containers

Fitting one serving per container, these easily stack atop of one another when stored away, and will cost you under £2 for a large pack.



Freezer Bags

These are super helpful at extending the life of your food. They also enable you to save time when cooking, whilst being cheap and reusable. If you have any left-over veg, simply chop and freeze, ready to throw into your future meals or smoothies—they will be such a time saver!



A Large Pot/Pan

Many meals can be made in just one pot, and buying a good quality one will save money in the future. Any staple from pasta, rice, soup, curry, and stir fry noodles can all be made in bulk from this one pot.



A large Baking Tray

This is great for cooking roast veg, meat, fish, and lasagnes in bulk.



Washing up each night with a pre-made meal:



Washing up each night without a pre-made meal:



Safety Tips

- Allow food to cool completely within 90 minutes, before refrigerating. If left any longer, food becomes at high risk of entering the "Danger Zone," spoiling and harbouring harmful bacteria
- Do not reheat defrosted food more than once
- Consume refrigerated meals within 2-3 days once chilled, and freeze the rest if you have extra
- Never re-freeze raw meat or fish once defrosted
- When reheating a pre-cooked meal, ensure it is piping hot i.e. reached 70 degrees Celsius for two minutes
- Defrost meals either by storing in the fridge or by directly placing in the microwave, and never at room temperature

Use the food storage chart below to store food safely and hygienically:

Product*	Refrigerator	Freezer
*Cooked:		
Red Meat	3-4 Days	2-3 Months
Poultry (Chicken, Turkey, etc.)	3-4 Days	4-6 Months
Shell fish and Squid	3-4 Days	2-3 Months
Fish	3-4 Days	4-6 Months
Crab	7 Days	2 months
Shell Fish	3-5 Days	4 Months
Eggs	1 Week	N/A
Milk	N/A	1 Month
Hard Cheese	2-3 Weeks	4-8 Months
Butter	5 Days	6-9 Months
Soup (Meat or Vegetable)	3-4 Days	2-3 Months
Fruit and Veg (All)	2-3 Days	2-3 Months
Pasta	3-5 Days	6 Months
Rice	4-6 Days	6 Months

General Tips

Smoothies can be prepped too!

Chop all fruit and veg into small pieces and place these, along with all non liquid ingredients, into individual freezer bags; 1 freezer bag per 1 single serving. When you're ready for a smoothie, simply take out a bag of your prepped dry ingredients and add the required amount of liquids; juice, milk, or water, and blitz for an ice cold smoothie.

Cook your pasta for two minutes less than the recommended time

when preparing for a freezer meal. Pasta typically gets softer over time the longer it's stored, especially when being chilled, frozen, defrosted, and reheated.

Buy fresh fruit and veg from the local market.

Fresh produce is far cheaper here than at the supermarket, saving a lot of money throughout the year—most markets typically sell each item in larger quantities, so you also get a lot more for a lot less. Check your council's website to find out when their markets are in town.

Tinned Soups make a cheap and quick alternative to a range of pasta sauces.

When buying fresh vegetables, chop them up and place into large freezer bags, ready to chuck into meals. This extends their life, locks in nutrients, and is a quick go-to when you don't have time to wash and chop veg. You're therefore less likely to waste anything!