

COMPONENT COOKING

Prepare a variety of meal components, and mix-and-match them into full meals.
It keeps things simple and flexible throughout the week!

COMPONENT #1: CARBS

- whole grain pasta
- brown rice or quinoa
- potatoes
- corn
- oatmeal

COMPONENT #2: PROTEIN

- chicken, turkey, beef
- fish or shrimp
- hard-boiled eggs
- beans or lentils
- tofu or tempeh

COMPONENT #3: VEGGIES

- roasted vegetables
- salad greens
- spiralized vegetables
- chopped vegetables

COMPONENT #4: FLAVOR

- hummus
- guacamole
- pesto
- salsa
- salad dressing
- sauces and seasonings

MEAL OPTIONS INCLUDE:

grain bowls
stir-frys
burritos, tacos, quesadillas
wraps or sandwiches
salads
pastas
omelettes or frittatas

CONVENIENT COMPONENTS:

- instant brown rice
- instant oats
- frozen diced potatoes
- whole grain breads, tortillas
- pre-cooked and/or pre-seasoned proteins
- eggs
- canned beans
- canned or frozen vegetables
- pre-chopped vegetables
- bagged salads
- pre-made hummus, guacamole, pesto, salsa, dressing
- bottled sauces: BBQ, stir-fry, curry, marinara, etc.
- seasoning blends: Mexican, Asian, Mediterranean

HELPFUL RESOURCES:

[Component Meal Prep Guide](#)

[Mix and Match Meal Prep](#)

[Lazy Dietitian Guide](#)