



# Tips for 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.

Meal prepping is convenient, efficient, reduces waste, and reduces temptation to eat outside your plan (whether the plan be a diet or a budget).

If having control over what you eat, or maximizing your time or budget is more valuable to you than eating something different every single day, meal prepping is your ticket.

## Foods that work well for meal prepping

- Cooked grains & pasta
- Cooked beans
- Cooked meat
- Roasted vegetables
- Hearty fresh vegetables (think celery, carrots, peas, bell peppers, kale, cabbage, radishes, etc.)
- Whole fruit (apples, oranges, stone fruit)
- Nuts & seeds
- Cheese
- Sauces and dips (like salad dressings, hummus, salsa, sour cream, etc.)

## Foods that don't usually meal prep well

- Softer fruits and vegetables (lettuce, berries and cut fruit)
- Crunchy items like fried food, crackers, or chips

## Meal prep formulas

An easy way to think about meal prepping is to make a formula out of it.

- Basic: Protein + Grain + Vegetable
- Low Carb: Protein + Vegetable + Vegetable
- Vegetarian: Legume + Grain + Vegetable

## What you need

Not much! Your food to prep and containers. Containers of different shapes and sizes! Glass containers work well because it is easy to see their contents and they are dishwasher safe.



# Superfood of the Month: Salmon

## What is it?

Salmon are intensively farmed in many parts of the world, with Norway being the world's largest producer of farmed salmon. The Alaskan salmon fishery is responsible for about 90% of wild salmon caught in North America.

## What do I do with it?

Salmon is very flavorful and can be grilled, baked, pan seared, poached or steamed. There are many different seasonings that pair well with salmon to include smoked paprika, black pepper, cilantro with lime juice, cayenne pepper and cumin to name a few.

## Why should I eat it?

Salmon is a good source of protein, which is important for maintaining bone health, preventing muscle loss and helping the body heal and repair. Higher levels of omega-3 fatty acids during mid-life may also help support cognition in later life.

## Tips for buying and storing

Fresh farmed salmon should have a light pink color to it, while wild-caught salmon should be dark pink. If the fish has any gray blemishes or brown areas, then it's not that fresh. And if you're buying the whole salmon, the eyes should look plump, shiny and clear.

Generally, salmon stays fresh one to two days after purchase, if stored in the fridge. If you're thinking of storing it longer, make sure it is tightly sealed and kept in the freezer.





# Parmesan-Herb Baked Salmon

## INGREDIENTS

- 1 whole wild salmon filet with skin, 1 1/2 inches thick (2 lbs)
- 1/4 cup light mayo
- 1/4 cup grated Parmesan cheese
- 3 cloves garlic, finely minced
- 2 tablespoons chopped dill
- 2 tablespoons chopped parsley
- 2 tablespoons chopped basil
- 2 tablespoons chopped chives

## PREPARATION

1. Preheat oven to 425F. Line rimmed baking sheet with parchment paper or aluminum foil for easiest cleanup.
2. Combine mayo, Parmesan, garlic and herbs in a small bowl.
3. Place salmon, skin side down, onto lined baking sheet. Cover salmon with another piece of parchment or foil. Partially bake salmon for 8 minutes.
4. Remove from oven and remove top piece of parchment paper.
5. Spread the top with the Parmesan herb mixture.
6. Return to oven uncovered and bake until the top has browned, and the salmon flakes easily with a fork.
7. The salmon should register 135° F when checked with an internal thermometer probe, about 15 to 18 minutes if the fish is 1 1/2 inches thick, less or more depending on the thickness.

<https://www.skinnytaste.com/parmesan-herb-baked-salmon/>