



A beginner's guide to plant-based meal-prepping

What's new

We've all been there: getting home and just wanting to have a fresh meal ready. Sounds too much like a dream? You better believe it because meal prepping is here to give you a hand! Of course, no one was born a meal prepping genius, and this process can seem even trickier when it comes to plant-based foods. But what if you could learn how to set up your foolproof and effortless meal-prepping system? Let's explore how meal-prepping can be made easy and breezy with our 5 useful tips and tricks!

Daily fresh meals might not be in the vocabulary for those with a busy lifestyle. But this won't be the case anymore, because meal-prepping is here to stay! Preparing meals in advance can save time and put our minds at ease without constantly cooking. And since portioned meal-prepped dishes require some planning ahead by calculating the ingredients needed, this can help us save money and minimize food waste. So, no more throwing money out the window with excessive groceries and takeaways!

The Basics of Meal Prepping

While many associate meal-prepping with batch cooking, it comes in different varieties and caters to everyone's diverse needs:

- **Make-ahead meals:** This is when full meals are prepared, refrigerated in advance, and reheated at mealtimes, perfect for those who crave a fresh hot meal without extra cooking at the end of the day.
- **Individually portioned, grab-and-go meals:** This is a popular option for maintaining balanced and nutritious meals, but also perfect for quick, ready-made lunches tailored to one's busy schedule.
- **Ready-to-cook ingredients:** If you hate repetition but lack time to cook, this method can be your new go-to move. Feel free to mix and match the ingredients and create fresh meals daily.

Meal Prepping Made Easy

If you still have doubts about how to get started, we will change your mind with 5 ultimate tips and tricks that make meal-prepping more accessible than ever.

#1 Build your meal-prep routine

The first step of meal-prepping is setting up a day in the week dedicated to cooking - this can be the weekend or one weekday evening. Having this schedule is very important to accurately determine

the number of meals that can be prepared, and the number of ingredients needed.


#2 Mix and match your core meal components


Meal-prepping is all about balance. That's why it's essential to include all food groups - a base (carbs such as noodles, rice, tortillas), protein, veggies, and sauces - to ensure that your meal is well-rounded and nutritious. Still unsure how to have a balanced meal with all the nutrients needed? Check out our article here!

Worrying about meal-prepping being restrictive? Switch things up, and this will be the least of your concern! If you love burger patties but want something light, you can create a delicious [Sensational Burger Bowl](#) filled with quinoa and veggies. Want to go for something more filling, flavorful, but still balanced? Try our [Vegetarian Grilled Fillet with Fajitas](#) recipe, made to perfection with avocado and cabbage slaw. Or just want a homey meal that can be stored in the fridge? Then give our [Vegetarian Balls, Pepper and Corn](#) with rice recipe a try. The combinations are endless, so get creative in the kitchen!

Previous Next


Sensational Burger Bowl

 50 MIN

 Challenging




Filet Chicken-Style with Fajitas

 25 MIN

 Easy



Marinated Vegetarian Balls with Rice

 30 MIN

 Intermediate



#3 Prepare your ingredients ahead of time

A big part of cooking involves preparing the ingredients, which can be extremely time-consuming. And when you are too tired or do not have enough time to cook, prep work is the last thing on your mind. So, save yourself the trouble and keep mealtimes swift by pre-chopping your veggies or even roasting/ air-frying them in batches and storing them in the fridge. If you want to incorporate legumes and whole grains (quinoa, lentils, and chickpeas) into your diet, soak them overnight or in advance. This will allow you to have more variety to exchange without meal-prepping every day.

#4 Prepare dishes that can be freshly stored and cooked in big portions

Missing inspirations of simple and delicious dishes you can meal-prepare? Don't worry, we got you covered! For hearty home-cooked dinners for the week, we recommend our [One-pot vegan lasagna](#)

[recipe](#) with Sensational Mince - no oven required, fewer dishes to do, and equally scrumptious. Or, if you're looking for a satisfying dinner recipe with a slight kick, why not pair our [Red Curry Soup with Chargrilled pieces](#) with hot steamed rice?



#5 Use labels to keep track of the dish and time

Since we want to prevent wasting food and ensure food safety, all prepped meals must be consumed within a certain period. For instance, refrigerated cooked food is advised to be eaten over 3-4 days, while frozen cooked meals can last up to a few months. Therefore, it's crucial to have an overview of your prepped meals by writing directly or sticking a note or label on the containers.

Are you ready to take on the challenge and kickstart your plant-based meal-prepping journey? Then, head to the kitchen and create your first tasty, prepped meal with our recipes!