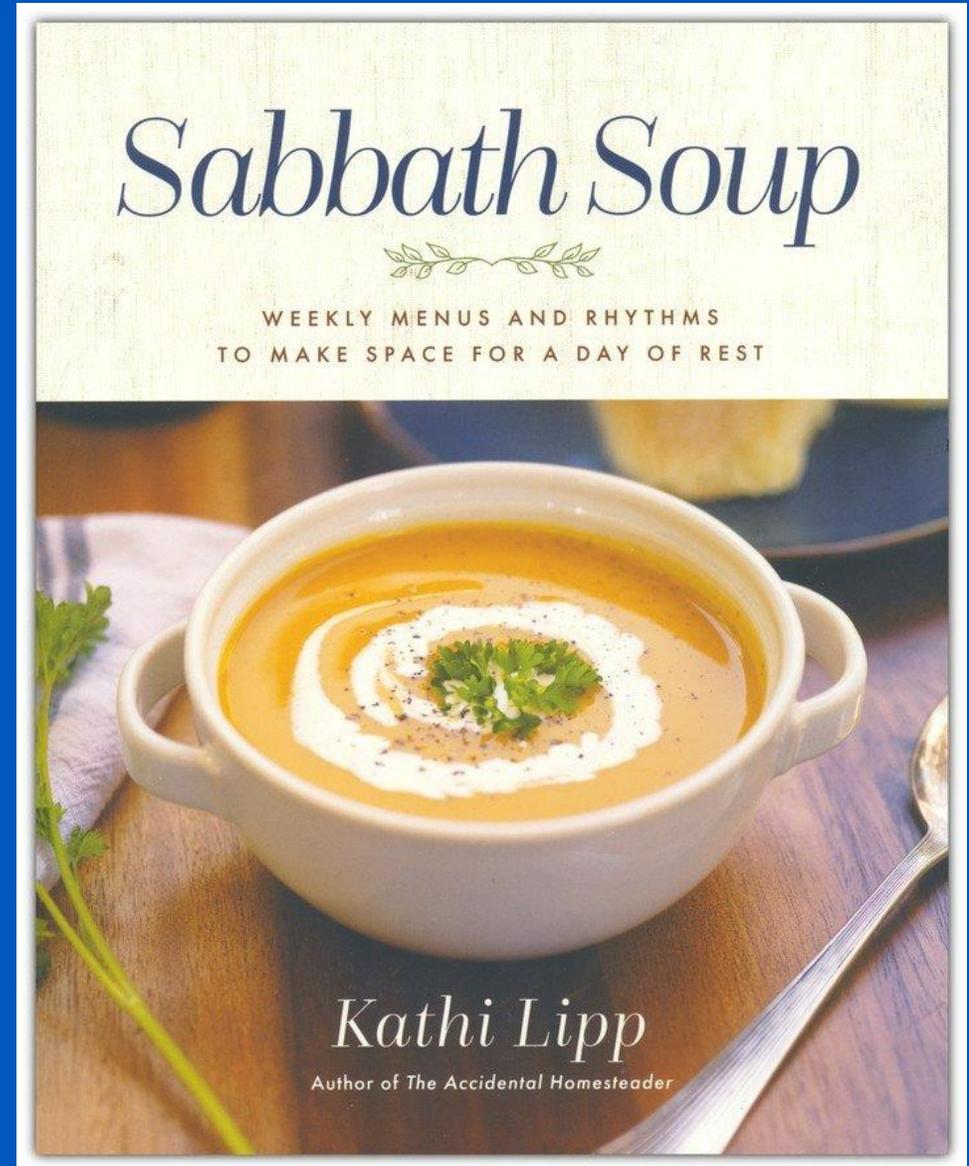




# Smart Meal Prep for Everyday Living

A guide to planning, preparing, and enjoying nutritious meals for a healthier daily routine.

**Kathi Lipp  
Author of  
Sabbath Soup**



# Today's Goals

- Learn efficient meal planning strategies

- Discover time-saving prep techniques

- Make healthy cooking manageable

- Use technology to simplify meal planning

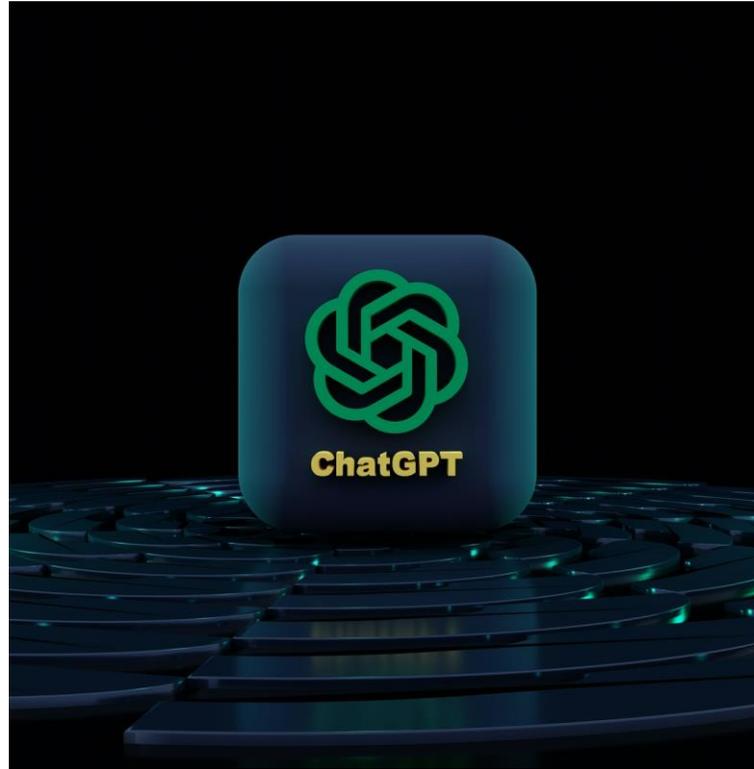


# the Power of Pre-Deciding

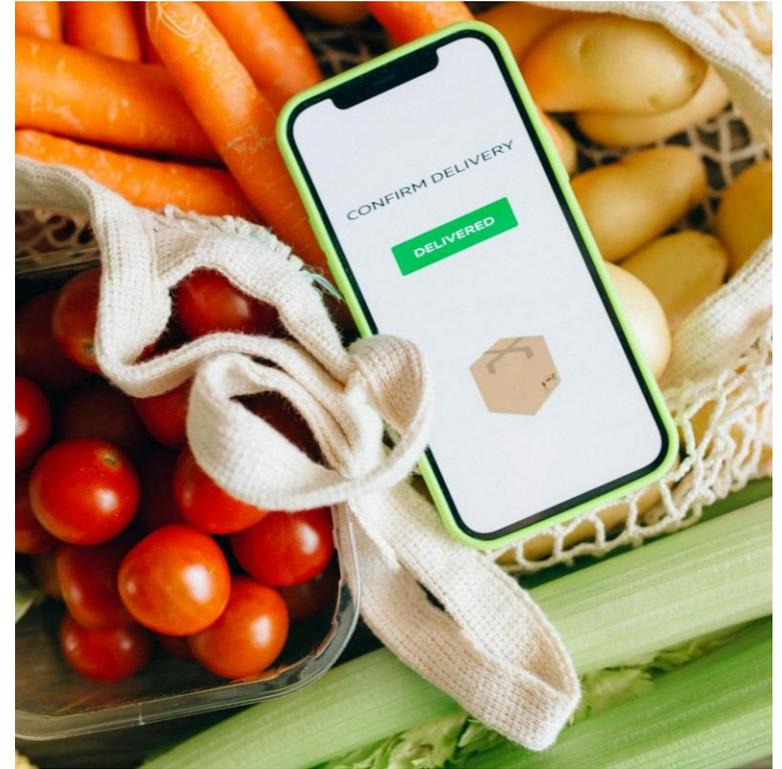
# Technology Tools



Microsoft Excel



ChatGPT

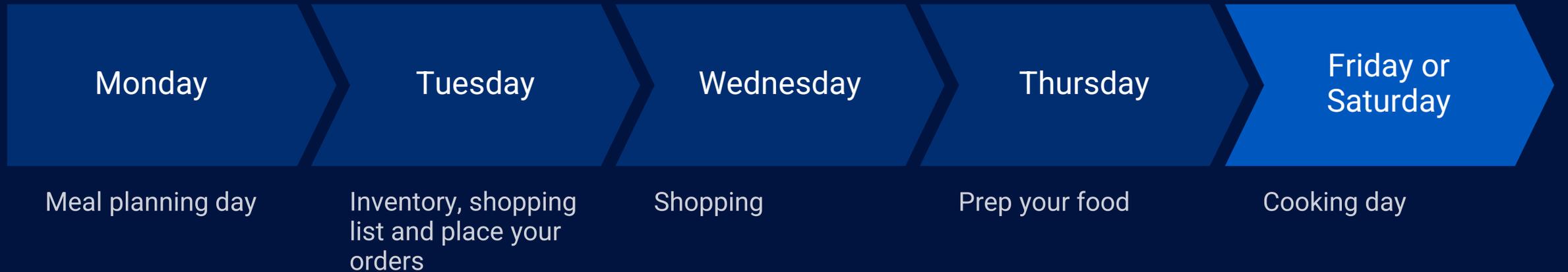


Your Local Grocery App

A powerful spreadsheet application used for data analysis, visualization, and automation. ChatGPT generates human-like text to assist with information, creativity, and conversation.

Grocery apps help users shop, manage lists, find deals, and track deliveries.

# Weekly Planning System





## Smart Cooking Strategies

- Cook once, eat twice principle
- One-pan meals
- Batch cooking basics

# Leftover Management



## Creative Repurposing

Taking Saturday night's dinner and turning it into Monday's main dish



## Storage Tips

My favorite ways to store leftovers.



## Date-labeled bags

If it goes into my freezer without a name and a date, I'm basically freezing garbage...



## Bento-style containers

My favorite way to make leftovers feel fancy and on purpose.

# Kitchen Organization

- **Declutter Regularly**

Regularly go through your kitchen and remove any unused or expired items to create more space.

- **Utilize Vertical Space**

Install shelves, pot racks, or hanging storage to maximize the vertical space in your kitchen.

- **Label and Organize Containers**

Use clear, labeled containers to store dry goods, spices, and other kitchen essentials.

- **Optimize Drawer and Cabinet Space**

Use drawer organizers, dividers, and cabinet organizers to keep items neatly stored and easily accessible.

- **Invest in Handy Storage Solutions**

Pull out drawers don't need to be custom

# Sample Meal Plan



**Saturday Dinner:  
Our Main Meal**

Our biggest meal - meat with sides (potatoes, salad, vegetables, etc.)



**Sunday Lunch:  
Soup**

A mixed green salad with grilled chicken, cherry tomatoes, cucumber slices, and a light vinaigrette dressing.



**Sunday Dinner:  
A Family Favorite**

A cup of plain, low-fat Greek yogurt mixed with a handful of crunchy granola.

# Sample Meal Plan part 2



**Monday Dinner:  
Reimagine Saturday Leftovers**

Chicken Wraps  
Cesar Salad with Chicken  
Chicken Quesadillas



**Tuesday Dinner:  
Leftover Soup**

Have a cup of soup with a salad or half a sandwich.



**Wednesday Dinner:  
Leftovers from Sunday**

**kathilipp.com**