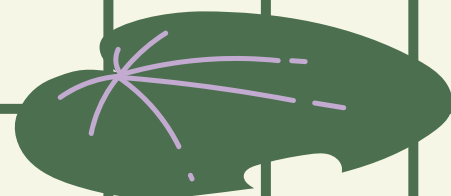




# Meal prep work book





# My biggest challenges:



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# How to overcome





# The Plan



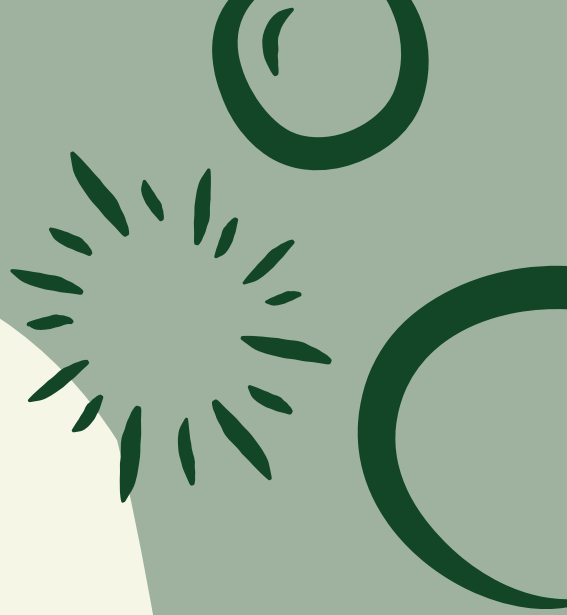


**Lock in**

**when?**

**where?**

**how long?**



✱ ✱ ✱ ✱



[illegible]



# My goals

☐☐☐☐☐





# Planner

Monday	Breakfast	Lunch	Dinner	Snack
Tuesday	Breakfast	Lunch	Dinner	Snack
Wednesday	Breakfast	Lunch	Dinner	Snack
Thursday	Breakfast	Lunch	Dinner	Snack
Friday	Breakfast	Lunch	Dinner	Snack
Saturday	Breakfast	Lunch	Dinner	Snack
Sunday	Breakfast	Lunch	Dinner	Snack



# Planner

Monday	Breakfast	Lunch	Dinner	Snack
	Overnight oats	Soup/ stew with bread	Pasta meal	Fruit Hummus + carrots
Tuesday	Breakfast	Lunch	Dinner	Snack
	Weetabix cheesecake	Sandwich	Rice meal	Fruit, cereal bar
Wednesday	Breakfast	Lunch	Dinner	Snack
	Overnight oats	Soup/ stew with bread	Pasta meal	Fruit Hummus + carrots
Thursday	Breakfast	Lunch	Dinner	Snack
	Weetabix cheesecake	Ryvita	Rice meal	Fruit toast
Friday	Breakfast	Lunch	Dinner	Snack
	Overnight oats	Soup/ stew with bread	Pasta meal	Fruit yoghurt bowl
Saturday	Breakfast	Lunch	Dinner	Snack
	Toast	Lunch out	Left overs	Treat of the week
Sunday	Breakfast	Lunch	Dinner	Snack
	Eggs and potatoes	Left overs	Jacket potato	Fruit yoghurt bowl



# Planner

Monday	Breakfast	Lunch	Dinner	Snack
	Breakfast A	Sandwich	Dinner A	Baked snack
Tuesday	Breakfast	Lunch	Dinner	Snack
	Breakfast B	Salad	leftovers	packaged snack
Wednesday	Breakfast	Lunch	Dinner	Snack
	Breakfast A	leftovers	Dinner B	Baked snack
Thursday	Breakfast	Lunch	Dinner	Snack
	Breakfast B	Sandwich	leftovers	packaged snack
Friday	Breakfast	Lunch	Dinner	Snack
	Breakfast A	Salad	Jacket	Baked snack
Saturday	Breakfast	Lunch	Dinner	Snack
	Fresh breakfast	Free for all	leftovers	Treat of the week
Sunday	Breakfast	Lunch	Dinner	Snack
	Fresh breakfast	Free for all	leftovers	Baked snack



# Planner

Monday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Pasta salad	Dinner A	No prep snack
Tuesday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Pasta salad	leftovers	No prep snack
Wednesday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Salad	Dinner B	No prep snack
Thursday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Salad	leftovers	No prep snack
Friday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Salad	Comfort meal	No prep snack
Saturday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Sandwich	Free for all	Treat of the week
Sunday	Breakfast	Lunch	Dinner	Snack
	No prep needed	Sandwich	Free for all	No prep snack



# Planner

**Proteins**

**Carbs**

**Produce**

**Snacks + extras**



# Budget

## INCOME

DATE	DESCRIPTION	AMOUNT

## FIXED EXPENSES

DATE	DESCRIPTION	AMOUNT
TOTAL		

## OTHER EXPENSES

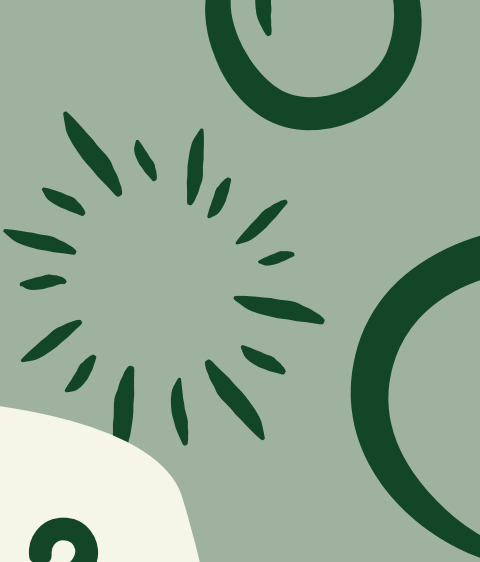
DATE	DESCRIPTION	AMOUNT
TOTAL		

	TOTAL EXPENSE
	TOTAL INCOME

Notes:



# Budget



**Week 1**

**Week 2**

**Week 3**

**Week 4**





# Cheap staples

- Brown rice
- Wholemeal pasta
- Porridge oats
- Tinned pulses
- Wholemeal bread
- Canned fish
- Long-life milks
- Frozen soya mince
- Banana
- Apples
- Carrots
- Potatoes/ sweet potato
- Frozen fruits/ veggies
- Lidl dried herbs and spices





# Mission abort

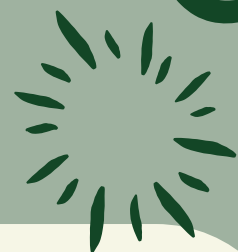
**Get out of jail**

**Freezer list**

**Emergency  
meals**



# Emergency meals



## Quick chickpea pilaf

- Microwave rice
- Tinned chickpeas
- Curry powder
- Raisins
- tinned peas

1. **Open** your packets
2. **Drain** any cans
3. **Mix** together
4. Add any **optional extras** like nuts, coriander or veg

## Not quite Nicoise

- Tinned new potatoes
- Tinned green beans
- Tinned tuna
- Salad dressing

1. **Drain** your cans,
2. **Mix** together
3. Serve on salad if you can pop into the kitchen

## Burrito

- Refried Beans
- Microwave rice
- Tinned sweetcorn
- Salsa
- Sliced avocado
- Wrap

1. **Open** your packets
2. **Add** all your ingredients to the wrap and roll
3. Great with salad or cheese if you can manage

## Pesto Lentil pita

- Tinned lentils
- Jar pesto
- Jar sundried tomatos
- Wholemeal pitta

1. **Mix** some pesto with the lentils
2. **Stuff** into a pitta
3. **Add** some sundried tomatoes
4. Pop pesto in the fridge later

## Poke bowl

- Tinned salmon
- Microwave rice
- Soya sauce
- Carrots

1. **Mix** rice and soya sauce
2. **Top** with salmon and sliced carrots
3. Add **optional extras** like veggies, sesame seeds or seaweed crisps

## No prep options

- **Cereal, fruit, UHT milk or protein powder**
- **John West meals**
- **Ryvita with tinned fish or refried beans**
- **Peanut butter and banana sandwich**
- **Cold pouch meals**



# Adult lunchables

## What are they?

Snack box-style lunches that keep things separate

### Formula:

Protein + Fibre Fibre-packed carb + Fruits/ veggies + little treat



### 'Pizza'

- Chopped up pitta
- Tomato dip
- Veggie toppings
- Cheese
- Snack of choice



### Deli style

- Ham
- cheese
- Grapes
- Crackers
- Pickles
- Mustard/mayo dip
- snack of choice



### Mezze

- Chopped up pitta
- cucumber sticks
- Hummus
- Feta Cheese
- Olives
- Snack of choice

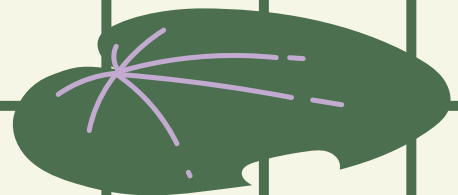


### Mexican

- Tortilla chips
- Sweetcorn
- Guac or salsa
- Cheese
- Refried beans
- snack of choice



# The Shop





# My Essentials

**Proteins**

**Carbs**

**Produce**

**Snacks + extras**





# My Essentials

## Proteins

- Sugar-free baked beans
- Red lentils
- Chickpeas
- Frozen white fish
- Tinned tuna
- Tinned salmon or sardines
- Eggs
- Greek yoghurt

## Carbs

- Ryvita
- Brown rice
- Microwave rice
- Wholewheat pasta
- Potatoes
- Pitta
- Tinned new potatoes

## Produce

- Carrots
- Tinned mushrooms
- Frozen peas
- Apples
- Bananas
- Onions
- Tinned tomatoes
- Salad
- Frozen Berries

## Snacks + extras

- Nakd bars
- Garlic
- Mustard
- Salt and pepper
- Peanut butter
- Soya sauce
- Almond milk
- Tomato puree

[illegible]



# Shopping

**fruit  
& vegetables**

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**meat  
& fish**

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**bakery  
& grocery**

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**dairy  
& eggs**

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**snacks  
& drinks**

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**home  
supplies**

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# My Shop

## Emotional Toolkit

When

Where

How long

## Quiet Times

- Lidl midday weekdays, **6-8pm autism hour Tuesday**
- Tesco early morning or afternoon weekdays, **Autism hour 9-10 am Wednesday + Saturday**
- Waitrose 8-9am weekdays or after 6pm
- M&S early morning or afternoon weekdays

## The Route



# Sensory Toolkit

- ☐ **Headphones**
- ☐ **Sunglasses**
- ☐ **Fidget**
- ☐ **Chewing gum**
- ☐ **Jacket**
- ☐ **Perfume or scented hand cream**
- ☐ **Snack**
- ☐ **Fan or cooling mist**
- ☐ **Ear defenders**
- ☐ **A buddy**



# The Prep





# Lock in

**When?**

**Where?**

**Reward?**



# Sensory Toolkit

- **Headphones**
- **Sunglasses**
- **Fidget**
- **Chewing gum**
- **Open windows**
- **Wood or silicone utensils**
- **Timer**
- **Fan or cooling mist**
- **Ear defenders**
- **A buddy**



**time:**



# Equipment

## Air fryer

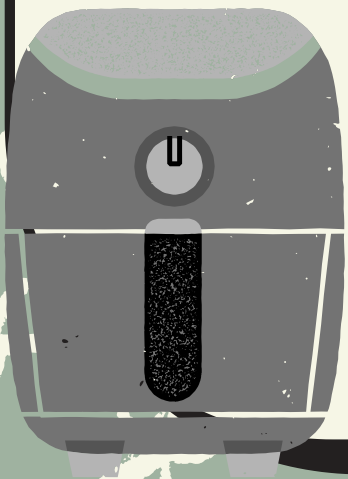
### Pros:

- Easy clean up
- Extra crispy
- Quicker
- Can be left

### Cons:

- Cost
- Space
- May tick or beep

**Cost:** £50- £150



## Blender

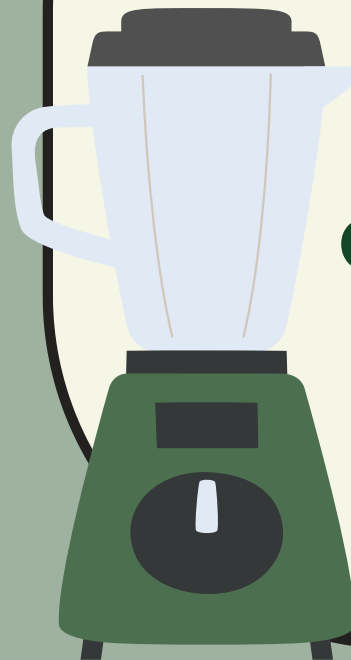
### Pros:

- Quick meals like smoothies
- Sneak in extra veggies
- Puree challenging textures

### Cons:

- Cost
- Space
- Very loud

**Cost:** £30-£150



## Slow cooker

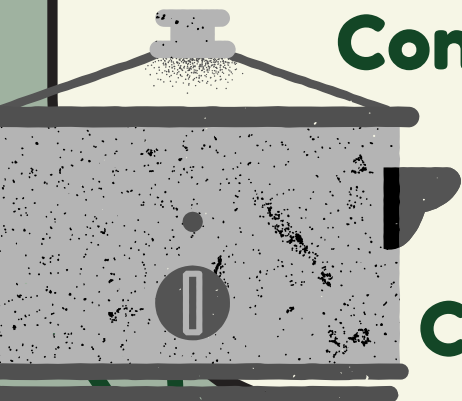
### Pros:

- Easy clean up
- Can be left
- Low effort
- Less smelly

### Cons:

- Cost
- Space
- May tick or beep

**Cost:** £20- £150



## Rice cooker

### Pros:

- May also cook other things
- Can be left
- Better texture

### Cons:

- Can just boil
- Space
- May tick or beep

**Cost:** £20





# My tools

**Have**

**Want**





# Getting me through

**Sensory Toolkit**

**Distractions**

**Where**

**How long**

**One Step  
At A Time**

**Little Short  
Cuts**



# Finding a Flow

01

## Start long items

Put things on to roast or start a stew or chilli ect, prep proteins

02

## Cook carbs

Boil any rice or pasta

03

## Pre prep veg

Chop things like salad or carrot sticks

04

## Assemble cold items

snack boxes, overnight oats etc.

05

## Mix any sauces

make your salad dressing or flavour boosters

06

## Finish and portion

Divide things into containers

07

## Label

Most things last 2-3 days in the fridge



# My Flow

01

02

03

04

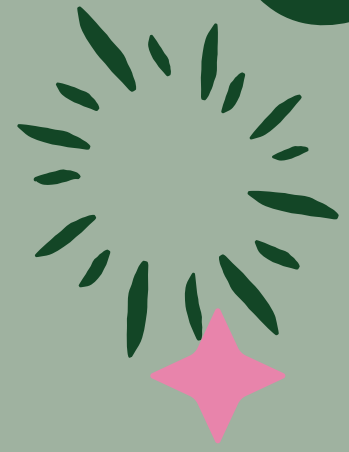
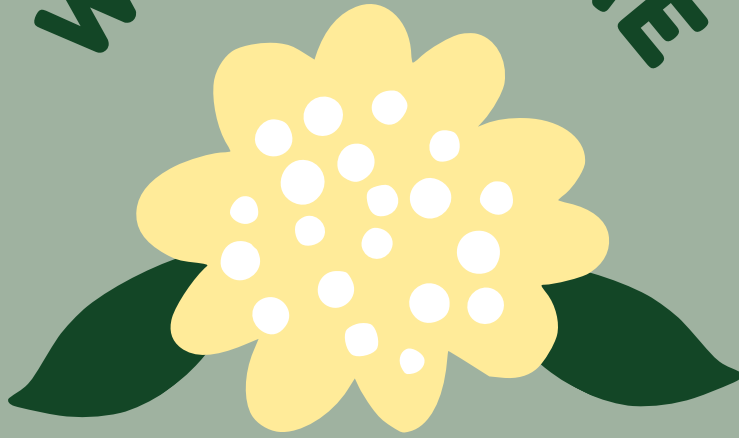
05

06

07



WELL DONE



You got  
this.

Time to treat yourself!







