KNOWLEDGE STOP

PRE-PORTION YOUR MEALS

Do the math, and divide your snacks into reasonable portions to enjoy throughout the next day or two. Set yourself up for success by partitioning out the great foods you've prepped into ready-to-enjoy packages.

BEFORE YOU BEGIN

STEP 01

STOCK UP ON STORAGE

You'll need to have the right containers to store your creations. Ideal containers are durable, portable, and microwave and dishwasher safe.

STEP 02

CLEAN THE DISHES

Make sure you're well-stocked with clean containers to store and transport food. This is simple, but if overlooked, can derail the opportunity.

STEP 03

ESTABLISH A DAILY GAME PLAN

Think through the meals and snacks you need to have at your fingertips throughout the day and commit to preparing for that.

WHILE YOU WORK

STEP 01

USE YOUR HANDS

Use your hands as measuring devices in a pinch. Typical serving sizes are one handful for grains, a palm for protein, thumb for fats, and both hands for produce.

STEP 02

STORE AS YOU'LL SERVE

Combine foods as meals, but consider how they'll be enjoyed. For example, pair by serving temperature (hot with hot), textures, and state (liquids or solids).

STEP 03

USE THE RIGHT EQUIPMENT

Make sure you're putting foods in appropriate dishes for serving and final preparation. Is your dish microwave safe or durable enough for the day?

STEP 04

HAVE IT WHEN YOU NEED IT

Follow your game plan and take your pre-portioned meals with you so you'll have fuel when you need it.