KNOWLEDGE STOP

# PREPARE FOOD IN ADVANCE

**Once you've gotten your food home, the door opens to create something you can be proud of. Taking on this task takes the guesswork out of "What is there to eat?" Stack the odds in your favor by prepping foods you'll savor.**

## BEFORE YOU START

STEP 01

**START SMALL**

Practice by preparing the foods you would eat for one to two days. The demand for this is much smaller and easier to build momentum from. Then build up over time. Aim for three to four days.

STEP 02

**WORK WITHIN YOUR COMFORT ZONE**

Use skills you've already mastered, like simple cutting and cooking techniques – there's no need to get fancy right away.

STEP 03

**PREPARE FAMILIAR RECIPES**

When starting a sustainable food preparation habit, consider recipes that are simple and familiar to you to ease this process.

## WHILE YOU PREP

STEP 01

**PREP THE PROTEIN**

Cooking meats and other protein sources can take a long time and usually don't require constant supervision. Start protein on the grill or in the oven and let it cook while you tackle other tasks.

STEP 02

**SOFTEN STARCHES**

You'll often need to cook starches and grains over the stove, for an extended period. These require some periodic attention, but stay close to prep the next step.

STEP 03

**CHOP YOUR PRODUCE**

Prepare your vegetables and fruits while everything else is cooking. Be mindful of how you'll use these colorful choices with your other food prep elements.

STEP 04

**SET ASIDE SAUCES**

If you're preparing dishes that are typically served with a dressing or sauce, it's recommended that you keep these separate from the other ingredients to preserve integrity of the dish.