

## Sara's Top 5 Prep Ideas/Tips and Easy Recipes

Prep and planning are essential for making clean eating manageable. However, most of us do not want to give up a whole day making food for the week. If you can even find 1-2 hours a week to cook, you can save yourself much time and calories during the week. Sundays are generally an ideal day when people have more time to prepare for a week. You can also be doing laundry, reading the paper etc. while your food is cooking. Here are a few ideas and tips to help you prepare for your week.

1. **Omelets**-Though omelets are not super time consuming, I like to make at least 2 during my Sunday prep day. Then I can just grab them out of the refrigerator and heat up at work. With the advancement of food storage, these omelets will stay fresh in the fridge for 3-4 days. In a bowl, combine 8-10 egg whites (if you are not on a competition diet, feel free to add 1-2 yolks), chopped onions, peppers, chopped spinach and any other vegetables you would like. Make one huge omelet and cut into 2 pieces and store in refrigerators separately. Surprisingly, eggs are still really good the next day! ☺
2. **Ground Turkey/Bison/Chicken**-Ground meat is incredibly versatile for numerous recipes. I like to cook up 1 lb. of ground meat to use throughout the week. I divide the meat into three portions and make one 'Mexican' with chopped peppers, onions, cumin, garlic and Mrs. Dash Fiesta Lime seasoning. I use this mixture for tacoless salads. I make an 'Italian' version with basil, oregano, pepper, garlic and red pepper flakes. I use this to eat with spaghetti squash or with my roasted red pepper sauce. The last 1/3 lb. I just leave fairly plain with a little sea salt and pepper. Then I can season this when I am ready to eat with whatever flavoring/seasonings I am craving or wanting at this time.
3. **Crockpot Chicken**-The most underused piece of kitchen equipment in my opinion is the crockpot. If I am going to be busy or gone most of my prep day, this is a great way to prep your chicken without actually cooking it. I throw 3-4 organic chicken breasts in a crockpot; add 1-2 cups of no-sodium chicken broth, a few chopped garlic cloves, 1 chopped onion, cracked pepper and a little sea salt. Add enough water to cover chicken completely and cook for 6-8 hours. By the evening, you will have wonderfully moist chicken to use for salads, soups, stir fry etc.
4. **Salads**-Salads are generally best when made fresh. However, I will still make 1-2 salads on Sunday to have in my fridge ready to go for the week. Remember to not add any dressing or wet ingredient until you are ready to eat the salad. The best time to prep salads for lunch is when you are making a salad for dinner. I will generally do this prep step again on Wednesday night for the remainder of the week.
5. **Sweet Potatoes**-A clean carb staple for any diet, especially a competition diet. However, sweet potatoes can get boring. Similar to my ground meat, I make 2-3 different types of sweet potatoes dishes to have throughout the week. I make the standard baked sweet potato with cinnamon and little stevia. I also make sweet potatoe fries (julienne sweet potato and place on cookie sheet sprayed with cooking spray, season with a little sea salt, black pepper and paprika, bake at 350 degrees for 15-20 min until desired doneness). I love Indian food and curry and therefore often make curried sweet potatoes. After baking a sweet potato, I cube it and toss it with curry powder, turmeric (great for inflammation), maybe a little ginger (good for digestion) and salt and pepper. Delicious. These are just a few of my ideas but you can really be as creative as you want with the sweet potatoes. They are very versatile and can be found in all genres of cuisine.

I find prepping food really makes eating clean not only easier but much less stressful. If you always have clean eats prepped and ready to go, you will be less tempted to grab something at a restaurant or rummaging through your pantry looking for something to eat. I hope this list gave a few ideas on how to get organized and creative with clean eating and the fat loss lifestyle.