

Express Meal Prep Guide

Cuisi'Frigo - cuisifrigo.com

The principle

- 2 hours on Sunday = 5 ready lunches
- Cook in batches: rice, quinoa, roasted vegetables
- Assemble at the last minute to keep things crisp

The 4-step method

- 1. Pick 2 proteins, 2 starches, 3 vegetables
- 2. Start the long cooking first (oven, rice)
- 3. Meanwhile, chop and season
- 4. Portion into airtight containers

Storage

- 3 to 4 days in the fridge for most dishes
- Freeze sauces and stews
- Keep dressings separate to avoid sogginess

Combo ideas

- Chicken + rice + roasted broccoli
- Tofu + quinoa + grilled zucchini
- Boiled eggs + sweet potatoes + spinach

