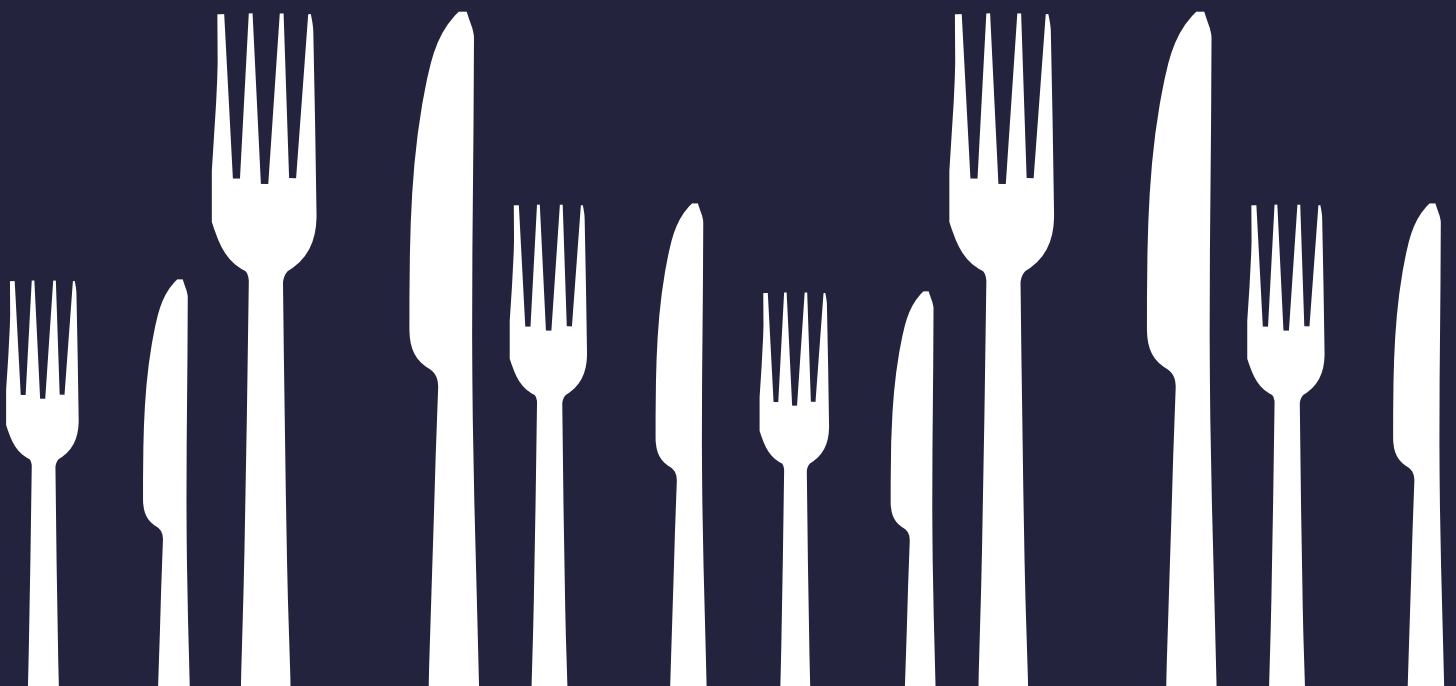


Ignite - Meal Prep Hacks!

1. DON'T PUT ANYTHING AWAY YET AS SOON AS YOU GET HOME WITH GROCERIES!
2. PREHEAT OVEN TO 400
3. TURN MUSIC ON (MUSIC IS A MUST OR A MOTIVATING AUDIOBOOK)
4. PUT WEEK'S POULTRY AND POTATOES INTO A GLASS BAKING DISHES ADDING ONLY SPICES. NOTHING ELSE.
5. PUT DISH INTO OVEN
6. ONCE THE OVEN IS AT 400. SET A TIMER FOR 35MIN FOR CHICKEN AND 70MIN FOR POTATOES
7. PUT VEGGIES INTO FREEZER/FRIDGE
8. PUT REFRIGERATED ITEMS LIKE EGG WHITES AWAY.



9. PUT RICE IN RICE COOKER, IF YOU HAVE ONE. IF YOU DO NOT HAVE ONE, HERE ARE EASY INSTRUCTIONS:

10. RICE: PUT BROWN RICE AND WATER TOGETHER IN A POT WITH A LID. USE THE RATIO OF 1.5 CUPS WATER TO 1CUP DRY RICE. IF YOU ARE MAKING IT FOR THE WEEK, JUST ADD UP YOUR COOKED RICE PORTIONS,

EX: 7 DAYS OF .5 CUPS OF COOKED BROWN RICE WOULD BE 3.5 CUPS OF COOKED RICE. NOW TAKE $\frac{1}{3}$ THAT AMOUNT, AND THAT WILL BE THE UNCOOKED AMOUNT YOU NEED TO PUT INTO THE POT.

IN THIS EXAMPLE, YOU WOULD NEED ~1.25 CUPS OF UNCOOKED RICE WITH 3 CUPS OF WATER.

I. SET THE HEAT TO MAXIMUM, AND BRING THE RICE/WATER TO A BOIL UNCOVERED. THEN BRING IT DOWN TO A SIMMER UNTIL ALL WATER IS ABSORBED.

II. TURN OFF THE HEAT, AND LET THE RICE SIT IN THE COVERED POT FOR ANOTHER 10 MINUTES.

III. TAKE RICE OUT AND USE A MEASURING CUP TO PUT IT INTO YOUR TUPPERWARE FOR THE WEEK. USE EXCESS TO FEED STARVING CHILDREN OR YOUR DOG 💡

11. PASTA: TAKE WATER TO A BOIL. USE THE RATIO OF 1.5 CUPS WATER TO 1 CUP DRY RICE. IF YOU ARE MAKING IT FOR THE WEEK, JUST ADD UP YOUR COOKED RICE PORTIONS,

EX: 7 DAYS OF .5 CUPS OF COOKED BROWN RICE WOULD BE 3.5 CUPS OF COOKED RICE. NOW TAKE $\frac{1}{3}$ THAT AMOUNT, AND THAT WILL BE THE UNCOOKED AMOUNT YOU NEED TO PUT INTO THE POT. IN THIS EXAMPLE, YOU WOULD NEED ~1.25 CUPS OF UNCOOKED RICE WITH 3 CUPS OF WATER.

12. WASH OUT ANY TUPPERWARE THAT NEED TO BE WASHED FROM THE WEEK BEFORE

13. PLACE ON THE COUNTER FOR WHEN YOU TAKE MEATS OUT

14. TAKE MEATS OUT AND PUT THEM INTO LARGE TUPPERWARE & PUT 2 MEALS WORTH FOR THE NEXT DAY OUT OR MAKE ALL YOUR MEALS AT ONCE.

15. PUT THE OTHER INGREDIENTS OF MEALS INTO PREPPED MEALS FOR NEXT DAY OR JUST PUT THEM ALL INTO A SINGLE LARGER CONTAINER THAT YOU THEN TAKE FROM DAILY TO MAKE THE MEALS FOR THE NEXT DAY

16. EAT ONE MEAL ACCORDING TO THE PLAN AS A NICE REWARD FOR YOUR HARD WORK :)