

# 100+ Easy MEAL PREP IDEAS

## For Prediabetes

### Non-Starchy Veggies

Slice peppers  
Dice onions  
Cut celery into sticks  
Sauté peppers and onions  
Bake spaghetti squash  
Wash and dry lettuce, store with towel  
Shred cabbage and carrots  
Roast zucchini, summer squash  
Cut broccoli and cauliflower  
Sauté mushrooms  
Chop tomatoes (for 1-2 days)  
Slice cucumbers (for 1-2 days)

### Proteins

Boil or scramble eggs  
Prep breakfast burritos  
Egg muffins or egg bake  
Make mini egg bites  
Bake meatballs  
Mix up chicken/tuna/egg salad  
Cut tofu into strips or cubes  
Bake meatloaf  
Cook beans  
Shell pistachios or other nuts  
Grill chicken or steak to be sliced  
Sauté fajita proteins  
Cut cheese into cubes  
Cook ground meat for tacos, pasta sauce  
Slow cook chicken in salsa or pesto  
Bake pork loin and slice  
Marinate meat for the next day or two

### Grains

Cook rice  
Boil pasta  
Bake or roast potatoes  
Oats (big batch or baked)  
Freeze homemade waffles  
Make farro  
Homemade tortillas  
Prep quinoa  
Boil barley  
Make your own oatmeal packets

### Flavor Extras

Mix spice blends  
Infuse oils  
Combine stir-fry sauce  
Blend hummus  
Create pesto  
Spice up your own salsa  
Simmer pasta sauce  
Homemade pico de gallo  
Prep Greek yogurt veggie dips  
Shake up salad dressings  
Try homemade enchilada sauce

### Sweet Stuff

Make chia jam  
Prep yogurt + frozen fruit  
Wash grapes  
Try chia pudding  
Make energy bites  
Cut melons  
Mix yogurt + peanut butter  
Make your own granola bars  
Wash apples and pears  
Make granola  
Wash berries in vinegar water + air dry  
Bake low sugar muffins  
Mix your own trail mix combinations

### Meals to Reheat

Enchiladas  
Quiche or frittatas  
Buddha bowls  
Veggie-filled casseroles  
Pulled pork and roasted veggies  
Zucchini/Eggplant lasagna  
Chicken wild rice soup  
Jerk chicken or pork  
Mediterranean chickpea salad  
Curries  
Stuffed peppers  
White chicken or original chili  
Black bean burgers  
Veggie pasta salad  
Stir-fry

## Single Serving Ideas

- Baked chips
- Pumpkin seeds
- Crackers
- Bell pepper and hummus
- Cheese cubes
- Melon
- Nuts
- Plain rice cake with Laughing Cow cheese
- Pretzels
- Overnight oats
- Dried edamame
- Mini cucumbers with salsa
- Cooked chicken for bowls or salads
- Homemade granola bars
- Dressing for salads
- Berry blend
- Air-popped popcorn
- Cottage cheese
- Jerky
- Pita chips
- Celery sticks with peanut butter
- Trail mix
- Hummus
- Greek yogurt with fruit
- Cherry tomatoes
- Tortilla chips
- Cereal
- Guacamole cups
- Fruit salad
- Boiled eggs
- Baby carrots
- Granola
- Side salads