



prep once, enjoy all week!

Here's a list of easy staples you can prep once at the start of the week, plus ideas for how to turn them into different meals to get maximum variety for minimal effort.

roasted vegetables.



Prep once: Roast or grill a big tray of mixed veggies (e.g., carrots, zucchini, pumpkin, capsicum).

Turn it into:

- **Wraps or sandwiches:** Add to wholegrain wraps with hummus or cheese.
- **Grain salads:** Toss with a cooked grain, pesto and nuts.
- **Pasta dishes:** Stir into pasta sauces and serve with cooked pasta.
- **Frittata:** Combine with eggs and bake for an on-the-go breakfast or lunch.

cooked grains.

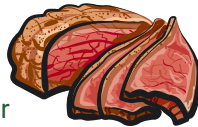


Prep once: Cook a large batch of your favourite grain and portion into containers.

Turn it into:

- **Burrito bowls:** Layer grains with beans, veggies, salsa and cheese.
- **Stir-fry base:** Top with a protein and veggies for a quick dinner.
- **Salad bowls:** Combine with leafy greens, roasted veggies, and dressing.
- **Stuffed capsicums or tomatoes:** Mix grains with beans, herbs, and cheese to stuff veggies.

roast meat.



Prep once: Slow-cook your choice of protein with simple seasonings. Shred, slice, and portion after cooking.

Turn it into:

- **Loaded Baked Potatoes:** Top baked potatoes with protein, tomato, avocado, spring onions, and cheese.
- **Shepherd's Pie:** Mix with veggies and gravy, top with mash, and bake.
- **Fried Rice or Grain Bowls:** Stir-fry with leftover rice, veggies, and soy sauce.
- **Quesadillas or Wraps:** Layer with beans, cheese, and veggies, then toast or grill.

hard boiled eggs.



Prep once: Boil a dozen eggs and store in the fridge.

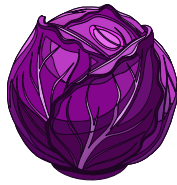
Turn it into:

- **Snack packs:** Pair with veggie sticks or wholegrain crackers.
- **Salads:** Slice into green or grain-based salads.
- **Egg sandwiches:** Mash with yoghurt or mayo for a quick sandwich filling.
- **Breakfast wraps:** Combine with spinach and cheese in a wrap.



NATIONAL
NUTRITION
FOUNDATION

shredded cabbage.



Prep once: Shred a whole cabbage or buy pre-shredded coleslaw mix. Store in a sealed container.

Turn it into:

- **Asian-style slaw:** Toss with sesame dressing for side salads or sandwich fillings.
- **Noodle stir-fry:** Stir fry cabbage with with garlic, soy, and noodles.
- **Fish tacos:** Top with grilled fish (or tofu) on corn tortillas for tacos.
- **Okonomiyaki (Japanese cabbage pancakes):** Combine with a basic pancake batter for a fun dinner idea.

roasted chickpeas



Prep once: Roast chickpeas with olive oil and spices until crispy.

Turn it into:

- **Salad topper:** For crunch and protein.
- **Wrap or pita filling:** Pair with hummus and chopped veggies in a wholegrain wrap.
- **Snack packs:** Pair with nuts and sliced fruit for a wholesome snack.
- **Soup garnish:** Add extra texture, flavour and fibre to your favourite soups.

sauteed mushrooms



Prep once: Slice mushrooms and sauté with olive oil, garlic, and a pinch of salt and pepper.

Turn it into:

- **Breakfast Boost:** Add to omelettes, scrambled eggs, or breakfast wraps.
- **Pizzas:** Use as a ready-to-go topping for pita breads with cheese, veggies and pesto.
- **Soups or Stews:** Add to minestrone or lentil stew for extra flavour and texture.
- **Pasta:** Toss through pasta with spinach and a lemon ricotta sauce.

marinated tofu or tempeh

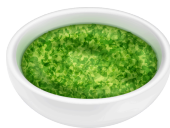


Prep once: Marinate tofu or tempeh in soy, garlic, and spices, then bake or pan-fry.

Turn it into:

- **Bahn Mi:** Load into a wholemeal roll with pickled veggies, cucumber, coriander and hoisin sauce.
- **Curry or Laksa:** Stir into a coconut curry or laksa soup using a jar of curry paste for quick flavour.
- **Sushi:** Roll tofu and crisp veggies with rice and seaweed.
- **Gado Gado:** Toss with steamed veggies, boiled eggs, and peanut sauce for an Indonesian-inspired salad.

pesto.



Prep once: Make a simple pesto with basil (or any leafy greens), olive oil, nuts, parmesan, garlic, and lemon

Turn it into:

- **Salad Dressing:** Mix pesto with a splash of lemon juice or yoghurt to dress grain or pasta salads.
- **Stuffed Veggies:** Mix pesto with rice and cheese then stuff into zucchini boats, mushrooms, or capsicums.
- **Pasta Sauce:** Toss through hot pasta or gnocchi with extra veggies for a quick dinner.
- **Eggs:** Drizzle over poached eggs or stir into scrambled eggs for extra flavour.

fresh tomato salsa.



Prep once: Combine chopped tomato, onion, capsicum, lime juice and olive oil.

Turn it into:

- **Taco or Burrito Topping:** Spoon over bean, chicken, or beef tacos for freshness and crunch.
- **Salad Booster:** Mix into leafy greens or lentil salads for extra flavour.
- **Grilled Protein Side:** Serve with fish, chicken, or tofu for a fresh contrast.
- **Grain Bowls:** Add to rice, quinoa, or couscous bowls with beans, avocado, and greens.

