



# Meal Prep Like A Pro

## How to:

- Stock Your Kitchen
- Store and Freeze Meals
- The Dirty Dozen & The Clean 15
- Plan Your Week
- Save Time and Money

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# Reneta Jenik, Foodom Founder



**T**hank you for your interest in Foodom! Foodom was founded in 2019 to provide an affordable and healthy option for people who find it challenging to tackle every day meal planning and cooking.

Like many families, my husband and I work, and take our kids to endless activities every day after school. After a long day of work there is little time to buy groceries, prepare a nourishing meal for the family, and clean up the mess afterwards. This led to lots of fast food nights, or utter exhaustion at the end of a cooking night.

It made me think that there must be a better way to manage this and keep my sanity. We hired a local talented young chef and it changed our life.

Day to day life operations became much easier by choosing a tasty meal for my family and then coming home to a cooked healthy warm meal and clean kitchen. The chef does the grocery shopping—all of which saves us stress, time and money, buying only the necessary groceries with no waste and impulse purchases.

Since there are a limited number of professional chefs and it's normally considered to be a luxury service, I looked for ways to expand this so that others can enjoy this wonderful help at home at an affordable price point for the broader population. The solution I came up with is to bring more home cooks into home kitchens—and at the same time create jobs for many culinary professionals that need it these days more than ever before.

I hope you will consider allowing a home chef to make your life easier! In the meantime, this e-book has several of my tips and tricks for getting your pantry stocked, how to freeze and store food, and a planner to help guide your meal selections for the week.

If you'd like to give Foodom a try, we are offering our subscribers \$10 off their first booking. Simply use the code **WELCOME10** when you check out from [www.myfoodom.com](http://www.myfoodom.com).

Sincerely,

Reneta Jenik

Foodom Founder

[www.myfoodom.com](http://www.myfoodom.com)

# Tips for an Efficient Pantry



Keeping your pantry stocked with basic essentials makes cooking easier since you won't have to shop for multiple items every time. These basics are my suggestions to keep in your pantry at all times.

## Oils

avocado oil  
extra virgin olive oil  
coconut oil  
sesame oil  
ghee (optional)

## Vinegars

balsamic vinegar  
white wine vinegar  
red wine vinegar  
rice wine vinegar  
apple cider vinegar

## Seasonings

sea salt, coarse and  
finely ground  
ground black pepper  
oregano  
bay leaves  
thyme  
turmeric  
cayenne pepper  
paprika  
chili powder  
cumin  
cinnamon  
garlic powder  
onion powder  
ginger powder

## Baking

flour (or gluten-free  
flour)  
whole wheat flour  
granulated sugar  
brown sugar  
powdered sugar  
honey  
maple syrup  
baking powder  
baking soda  
salt  
pure vanilla extract  
cocoa powder  
chocolate chips

## Other Basics

lentil of your choice  
rice, quinoa, pasta of  
your choice  
chicken and beef  
broth  
diced tomatoes  
tomato paste  
tomato sauce



# What to Buy Organic (or not)



People often assume that since I am very conscious about my health, that I buy everything organic. The truth is, it's not always necessary. There are certain foods I always buy organic, while others are safe to buy the non-organic version. When shopping at traditional grocery stores, I use the **Dirty Dozen** and **Clean 15** lists to choose which produce I'll buy organic. Print this page for your next shopping trip!

## THE DIRTY DOZEN

Buy these foods organic:

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Tomatoes
11. Celery
12. Potatoes



## THE CLEAN 15

These are ok to buy non-organic:

1. Avocados
2. Sweet Corn
3. Pineapples
4. Sweet Peas (Frozen)
5. Onions
6. Papayas
7. Eggplants
8. Asparagus
9. Kiwi
10. Cabbage
11. Cauliflower
12. Cantaloupe
13. Broccoli
14. Mushrooms
15. Honeydew Melons



# How to Store Prepped Items and Meals

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Whether you are cooking for yourself, or having one of our chefs prepare your meals, we always encourage cooking extra servings to save time and money. Here are suggestions for storing your prepped items and meals in the refrigerator (FDA recommended temp 40 degrees F or cooler) or freezer (FDA recommended temp 0 degrees F). Don't forget to label items with their content and date!

## Refrigerator

### Prepped items ready to be made into meals (raw meat in marinade, cut up veggies, etc.)

Items that you have cut up, or cooked in preparation to go into larger meals are best stored in the refrigerator in a glass container with a lid.



### Prepped uncooked meals

Sometimes you may prepare a casserole in the morning, but need to store it until the evening to cook it through. The best storage for this is to prep it in its cooking dish, then cover, and leave in the fridge until you are ready to heat and serve.

### Leftovers

Leftovers are the best! If you will be eating them in the next few days, I suggest placing them into individual glass heat and eat serving dishes with lids for lunches, or in a larger glass dish with a lid if you will be serving it family-style for dinner.



## Freezer

### Prepped items to freeze for later

If you've done more prep-work than needed, you can always freeze items for later. Make sure that anything cooked cools down, then place it in a freezer bag, labeling the contents and date.

### Meals to freeze for later

Whole cooked items like a casserole can be stored in their baking dish with an airtight seal on top, or in a disposable aluminum container. Be sure to wrap some aluminum foil over the container before affixing the aluminum top it comes with for extra freshness. If you want ready to go servings, you can use small BPA-free plastic containers that have a fitted lid. Be sure to label everything!

# How Long Food Can Be Stored



One of the keys to making the most of both your prepped components, and prepared meals is making enough for multiple meals and refrigerating or freezing them. However, it is important to keep food safety in mind. Here are guidelines for how long food can be kept in the refrigerator and freezer safely. Always remember, when in doubt, throw it out!

## Uncooked Foods

Raw Produce

Fresh Herbs

Raw Meat

Homemade Salad Dressings and Condiments

Homemade Sauces (BBQ, teriyaki, pesto)

40 degrees F\*  
**Refrigerator**

3-5 days

1 week

Follow package date

1 to 2 weeks

1 to 2 weeks

0 degrees F\*  
**Freezer**

Do not freeze

Do not freeze

9 months

Do not freeze

9 months

## Cooked Foods

Cooked Vegetables

Cooked Meats

Cooked Rice

3 to 4 days

3 to 4 days

3 to 4 days

2 to 3 months

2 to 3 months

2 to 3 months

## Prepared Meals

Green Salads (without dressing)

Green Salads (with dressing)

Casseroles

Pizza

Soups, Chili, Stir-Fries, Tacos

3-5 days

1 day

Up to 5 days

Up to 5 days

Up to 5 days

Do not freeze

Do not freeze

Up to 5 months

Up to 5 months

Up to 5 months



\*via FDA

For full FDA chart, go to [www.fda.gov/media/74435/download](http://www.fda.gov/media/74435/download)

# Food Pods



You may have heard of school pods, where kids group with other families while homeschooling or distance learning, but have you ever heard of a food pod? Neither had we, until now!

A food pod is when you group with other people to create meals that you can cook in a large batch, and share amongst households. This way you cook, or are responsible for cooking, once a week, and eat a variety of delicious meals the whole week. A food pod is something you can set up, coordinate, and cook yourself, or use a Foodom chef to make the meals!

If you work with Foodom, you can place a 10-serving order of several meals, host the chef at one home, then have the chef pack up the food to be distributed amongst the group. It's a terrific way to save time, save money, and feed your family with wholesome, home-cooked meals!







## Easy Meal Planner for Weekday Meals

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

					Decide which meals you want the next week and schedule chef via Foodom.	
Shop for food for meals (unless a Foodom chef is shopping for you).	Chef will prepare several meals, store in the refrigerator, and clean the kitchen.  Eat Meal 1 tonight.	Eat Meal 2 tonight.	Eat leftovers from Meal 1 tonight.	Eat leftovers from Meal 2.	Go out to dinner, or get ready to cook!  Schedule your next Foodom order.	Cook your own meal.