

BARE



MEAL PREP GUIDE

Meal prep has been an absolute game changer in my BARE journey. It's incredible how much time opens up across the week and how easy it is to eat healthily when your meals are basically done when you walk through the door. If you're not someone who has prepared meals before, welcome to the party! Let's break it down for you so it isn't so overwhelming.

WHAT IS A MEAL PREP?

'Meal prep' is simply preparing meals or ingredients ahead of time. Meal prep includes meal planning, grocery shopping, cleaning out the fridge, tidying the pantry, chopping vegetables, batch cooking or preparing full meals in advance. These small actions can make a huge difference across the week. Meal prep is what you make it. Personally, I don't prepare every single meal, as I have the flexibility to cook dinner each night, but a friend of mine who's a shift worker prefers to have hers prepared so she can grab and eat. However, preparing the vegetables, marinating meats, batch cooking, tidying my fridge and pantry are part of my weekly routine.

WHAT FOODS CAN I PREP?

There are many foods that you can prepare, but there are also foods I prefer to make fresh. You can prepare any food that stores well in the refrigerator and that keeps its taste and texture after a few days, like cooked meats/poultry/fish, cooked vegetables, soups, sauces, 'hard' raw vegetables like carrots, broccoli, etc, and grains. I would avoid preparing things like fruit, biscuits/crackers or things that you know won't last more than a couple of hours after being prepared (i.e. nachos would go soggy in the refrigerator). If you are prepping salads, hold off adding the dressing until it is time to eat.

INVEST IN SOME CONTAINERS

The way you store your food is super important in ensuring its safety and freshness. There are many types of containers out there. I tend to use reusable glass or plastic. Glass containers are better for the environment, but reusable plastic containers are okay too, if this is more accessible for you. If you're choosing a plastic container, consider ones that are BPA-free, freezer and microwave safe. I like to use ones that have a good airtight lid to ensure freshness. Grab a range of sizes of containers for snacks and main meals.

SCHEDULE A TIME

I love my weekends, and don't want to be in the kitchen for hours. So I break up my meal planning and prep into shorter chunks of time, which makes it feel a lot more achievable. My meal prep schedule looks like this:

SATURDAY

Meal plan - choose all my meals for the week

Shopping list - creating a shopping list while choosing my meals. The BARE app will have this as a feature (incoming)!!

Grocery shopping - I do all my grocery shopping after meal prepping, come home and unload it into the fridge and leave it. Until the next day.

SUNDAY

Meal prep - the dinner recipes I will be eating on Monday, Tuesday and Wednesday. This usually involves marinating or crumbing meats and preparing recipes like tzatziki or meatballs. I tend to prepare and cook my fresh ingredients (i.e. salad and vegetables) on the day.

WEDNESDAY

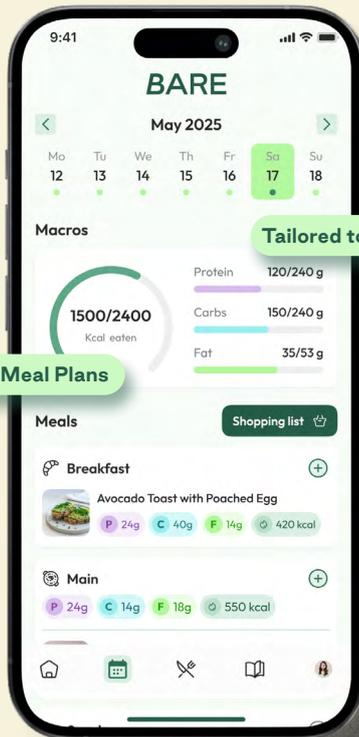
Grocery shopping - (if needed) - Grabbing any last-minute things I need from the store (i.e. pita breads that usually won't last a week, minced meats, etc)

Meal prep - I set one hour after dinner to prepare anything I need for Thursday to Saturday. This way of meal prepping is my favourite as it breaks it up, making it a lot more achievable. There is no need to spend hours prepping. You can do whatever suits you!

DON'T BE AFRAID OF YOUR FREEZER

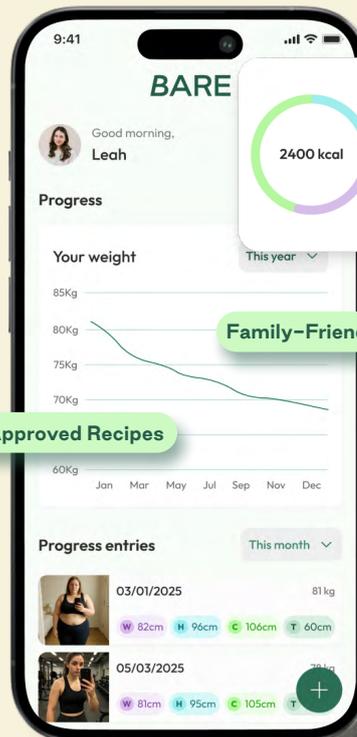
The freezer is great to store excess ingredients and meals when you cook in bulk or have leftovers. This is a great timesaver for weeks where you are not as prepared or things don't go to plan. Freezing also helps to reduce waste. I love making extra burger patties, sauces, meatballs, marinated meats and freezing them.

BARE App launching soon



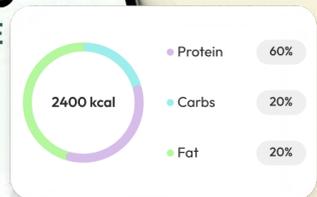
Personalised Meal Plans

Tailored to your Goals



Family-Friendly & Delicious

Dietitian-Approved Recipes



The **BARE App** is your daily nutrition partner. **No overwhelm, no guesswork** — just real food that supports your body and fits your life.

Be the first to know when we go live, and our exclusive launch offer.

We can't wait to see you inside.

