

Weekly Food Preparation Routine

Simple habits to make food last all week

Food is more than what is on the plate. It is about health, connection, culture and community.

A small amount of preparation each week can make a big difference. This guide is about simple habits that help food last longer, reduce stress, and make meals easier.



You don't need hours, just a little routine

Even 30 – 60 minutes once a week can:

- Save money
- Reduce waste
- Make meals easier

A little prep now = less stress later

Step 1: After you shop (10-15 minutes)

Put food away properly

- Check what needs using first
- Set aside anything to prep

Quick wins:

- Freeze meat if not using soon
- Freeze bread
- Store fruit + veg properly

Step 2: Quick Prep (15-20 minutes)

Chop vegetables

- Portion fruit
- Start a "stock scraps" bag

Examples:

- Carrots → chopped for meals
- Broccoli → stems + florets
- Bananas → peel + freeze

Step 3: Cook one thing (15-25 minutes)

Put food away properly

- Check what needs using first
- Set aside anything to prep

Quick wins:

- Freeze meat if not using soon
- Freeze bread
- Store fruit + veg properly

Step 3: Cook one thing (15–25 minutes)

Choose ONE:

- Big pot of soup
- Bolognese
- Rice

Eat some now and freeze the rest

This is your “backup meals” for the week



Step 4: Freezer Check (5 minutes)

What is already there?

- What needs using soon?
- Move older food to the front

This helps to avoid waste.



Step 5: Plan just a little (5 minutes)

You don't need a full plan — just two or three meals you know you will cook.

This reduces decision fatigue and stops last-minute spending

If a full prep feels like too much, just do ONE step - this still helps.

Food prep isn't about being organised. It is about:

- Making things easier
- Reducing pressure
- Giving yourself options

Do what you can, it all counts!

