

HEARTLAND FOODS MEAL PREP ESSENTIALS LIST

DOWNLOADABLE CHECKLIST

Need a little help getting started?

You shouldn't have to sacrifice quality, nutrition, or flavor to stay within your budget. This is what the farm-to-freezer lifestyle is all about: quality foods you and your family deserve at a price your wallet will love!

Chicken Breasts



Chicken Thighs



Ground Chicken



Ground Sausage



Flank Steak



Pork Chops



Organic Green Beans



Organic Triple Berry Blend



Peeled & Deveined Shrimp



Our 6 Best Meal Prep Tips That You're Sure To Use!



Make Big Batches of Grains

A big batch of grains like cooked brown rice or quinoa is simple and has endless possibilities. From hearty lunch salads to quick dinners, a pot of grains will serve you well all week.

Invest In Good Containers

To get yourself excited about meal planning pick up a set of freezer-safe containers. Some new gear can really inspire you—and starting with a fresh set with all the right lids is always a bonus.



Prepare Breakfast Muffins

Give yourself a hot breakfast every morning when you prepare a batch of sausage and egg breakfast muffins. You'll start the day right with plenty of healthy protein and carbs.



Assemble Smoothie Bags

What's easier than grabbing a smoothie in the morning? Assemble small plastic bags with frozen fruit like bananas and berries and keep them in the freezer. In the morning, dump the bag into the blender with oat or almond milk for a healthy breakfast in no time.



Make A Double Batch

One of the easiest meal prep ideas of all time? Make extra! Simply double the recipe and pop half into individual freezer-safe containers and save for a rainy day.



Simmer A Pot of Soup

Make your lunches for the week while filling the house with delicious scents by simmering a pot of soup this weekend. Chicken and vegetable soup can be an excellent source of proteins, vitamins and minerals.

