Upgraid by mend



FREEZER MEAL PREP MADE EASY

Set yourself up for a smoother recovery with meals that are ready when you are.

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For more support on your journey, visit **mend.me** or reach out to our dietitians at **dietitians@mend.com**

breakfast

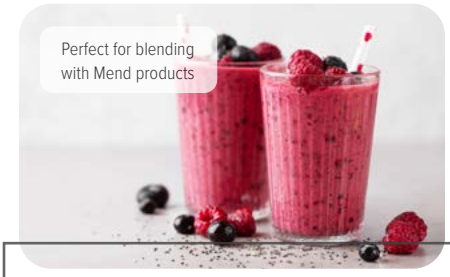
Simple, nourishing options to start your day off right.

+ *Click the recipe you want to see.*

Make mornings easy with grab-and-go freezer-ready breakfasts! All recipes are dietitian-approved.



Breakfast Burritos



Smoothie Packs



Baked Oatmeal



Banana Muffins



Zucchini Muffins



Egg Muffins



Whole Wheat Waffles



Quiche Lorraine

lunch + dinner

Wholesome freezer friendly meals built to power your afternoon and evening.

+ *Click the recipe you want to see.*

Take the guesswork out of cooking with balanced, filling options ready to eat when you are.
Every recipe is dietitian-approved.



Bean + Cheese Burritos



Best Lentil Soup



Black Bean Enchiladas



Butternut Squash Soup



Chicken Pot Pie



Chicken Tinga Tacos



Cilantro Lime Chicken



Creamy Tomato Soup



Easy Coconut Curry

lunch + dinner

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Easy Meatballs



Easy Veggie Burger



Egg Roll in a Bowl



Vegetarian Chili



Salmon Burgers



Veggie Lasagna Rollups



Sheet Pan Chicken Pitas



Hawaiian Chicken Tacos



Quinoa Stuffed Peppers

snacks

Meal prep includes snacks. Having a few ready makes all the difference.

+ *Click the recipe you want to see.*

Keep these crowd-pleasing bites prepped and ready for whenever hunger comes calling.



No-Bake Tahini Energy Bites



Frozen Grape + Granola Yogurt Bark



Sweet Potato White Bean Bars



Oatmeal Energy Bars

meal plans + grocery lists

Eating healthy gets a whole lot easier when you've got a game plan.

+ *Click the recipe you want to see.*

Take meal prepping one step further with these meal plans and shopping lists.



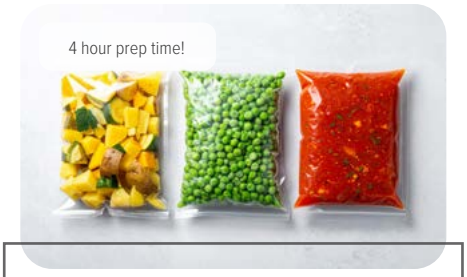
22 Healthy Freezer Meals



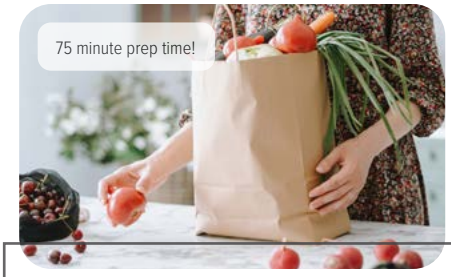
1 Week of Freezer Meals + Grocery List



2 Weeks of Snacks + Grocery List



20 Freezer Meals + Grocery List



12 Freezer Meals for Bulk Shopping



Budget Freezer Friendly Meal Prep

tips for prepping

1
Storage Life
Enjoy your prepped meals with in 3 months for the best taste and quality.
After that, you may start to notice a little freezer burn creeping in.
Label and date each meal before it goes in the freezer and you're all set!

2
Easy-to-Open Packaging
Look for containers with wide, easy-grip lids or freezer bags that don't require a lot of hand strength to seal and open. It's a small change that makes a big difference.

3
For Slow Cooker Meals
Always thaw meat in the fridge overnight to ensure food safety.
Instant Pot meals can be prepared directly from frozen, no thawing needed.

4
Start Small
No need to tackle everything at once! Start with just 3–4 meals and see how it fits into your routine. Once you find your groove, you can always prep a little more each time.

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