

Meal Prep Tips:

1. Eat 3 meals every day.
2. Eat 3 snacks every day. You can eat one snack in the morning, one in the afternoon and one at bedtime.
3. Save yourself some time by planning, shopping and preparing food for the week on Sunday.
4. Don't allow more than 3-5 hours between meals or snacks. Set reminders on your phone every 3-5 hours if you need to.
5. Bring food that will keep you energized for long days on campus.



Pros of Meal Prepping



1. **It's cost effective.** You can get more food for a much lower cost if you buy groceries rather than fast food.
2. **It's healthy.** You can guarantee the freshness and the quality of the food you personally prepare.
3. **It's eco-friendly.** You can reduce food waste by planning ahead and reuse the meal containers and utensils.

Meal Planning Tips



1. Eat three meals and three snacks every day. Eating regularly can help stabilize your mood.
3. Save yourself some time by planning, shopping and preparing food for the week on Sunday.
4. Don't allow more than three to five hours between meals or snacks.

Easy Snack Ideas



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|-------------|-------------|-------------|
| Fruit | Eggs | Granola bar |
| Dried fruit | Carrots | Crackers |
| Yogurt | Nuts | Toast |
| Granola | Protein bar | Celery |

Off-Campus Living Resources



Sources: University Health Services, City of Austin