

## prep ahead cooking tips

### Asthma

Good nutrition is an important part of managing asthma. However, cooking or preparing a meal can seem overwhelming when breathing is a challenge and energy levels are low. Below are tips for preparing food to fit within your lifestyle and nourish your body to feel it's best.

#### PLANNING & SHOPPING

##### Take It Slow

- Prep food ahead of time on days when energy is high, to prevent added fatigue.
- Choose one food group to prepare per cooking session: grain, protein or vegetable.
- Make extra of a meal and freeze into individual servings for easy reheating when energy is low.
- Consider preparing one or a few staple items for the week if you're not feeling well, such as salad, fruit or hard-boiled eggs.
- Ask a trusted friend or family member to help prepare food items.
- Use kitchen tools such as a slow cooker, can opener or food processor to help minimize the strain of cooking.

##### Plan Ahead

- Organize meal or snack ideas into one central location for easy, healthy meal planning.
- Save grocery lists and meal plans for convenient planning and shopping.
- Make a weekly plan with enough flexibility for leftovers or dinners out.
- Save time and energy by purchasing groceries online.
- Try a grocery home delivery or pick-up service, if available in your area.

#### PREPARING INGREDIENTS

##### Grains

- Use quick-cooking grains (quinoa, brown rice, oats).
- Make a batch of overnight oatmeal to have an easy grab-and-go breakfast each morning.
- Make extra grains to enjoy as a side dish throughout the week.

##### Vegetables

- Purchase bagged, pre-washed lettuce to easily prepare salads.
- Roast a batch of hearty vegetables to have as a side dish throughout the week.
- Purchase pre-diced, sliced, or spiraled vegetables for cooking convenience.
- Purchase frozen or canned vegetables.

##### Proteins

- Typically, proteins (such as chicken, beef, turkey or pork) take the longest to prepare.
- Prepare on a day when you have more energy and try to make extra and freeze.
- Portion single servings of protein foods into labeled freezer bags and freeze.
- Eggs, shrimp and fish are quick-cooking. These can be more easily prepared on days when energy is low.
- Shrimp and fish are quick-cooking.
- Purchase canned or vacuum-sealed legumes.

## prep ahead cooking tips

### Asthma

Safe Storage Tips	
<b>Refrigerator</b>	<ul style="list-style-type: none"><li>• 1-2 Days: Cooked Ground Beef or Ground Poultry</li><li>• 3-4 Days: Cooked Whole Meat, Fish, Poultry, Soups and Stews</li><li>• 5 Days: Beans and Hummus</li><li>• 1 Week: Hard-Boiled Eggs</li><li>• 2 Weeks: Soft Cheese, opened</li><li>• 5-6 Weeks: Hard Cheese, opened</li></ul>
<b>Freezer</b>	<ul style="list-style-type: none"><li>• 2-3 Months: Soups, Stews, Cooked Beans</li><li>• 3-6 Months: Cooked Ground Meat and Cooked Ground Poultry</li><li>• 6-8 Months: Berries, Chopped Fruit (bananas, apples, pear, plums, mango) and Vegetables</li></ul>