



Frequently Asked Questions about Meal-Prep And Dinner Plan Weekly

HOW DOES DPW WORK?

DPW is a weekly meal plan for vegans and omnis. You pay monthly but receive your recipes weekly, on Wednesday. The recipes come with recommended steps in order to make your prep as smooth as possible. The recipes and prep are optimized in order to save you time, money and clean-up!

HOW LONG DOES THE FOOD LAST?

My rule of thumb is up to **four days** in an airtight container in the fridge. Some food can last a bit longer, some should be eaten within three days.

HOW DO YOU STORE YOUR MEAL PREPPED FOOD?

I use glass containers to store my cooked food. I always let meals cool down 30-40 mins before sealing in an airtight container and storing in the fridge. Letting the food cool uncovered will prevent sogginess as well as protect the other foods in your fridge.

HOW DO YOU SAVE TIME?

I save you time prepping by:

Making the meals overlap and reuse the same items such as rice.

Keeping the recipes simple

Treating the meals as one meal and chopping everything at once.

WHAT CONTAINERS DO YOU USE?

I use glass containers, usually Pyrex. They are durable, have a flexible cover so when you freeze food the container doesn't crack. Glass is best because it doesn't contaminate your food, easy to clean and environmental.

Treating the meals as one meal and chopping everything at once.

HOW DO YOU FIND THE MOTIVATION TO COOK EVERY WEEK?

I don't have to worry about motivation because cooking is a habit. I do it automatically every week. This is why I offer this service because that's what I want to happen to you too!

The real "motivation" comes from how easy it is. The nature of family life is based in routine. Routine helps us be organized. When we break our routine we feel the consequences like a domino affect. Staying on a meal plan helps me relax and not having to worry about food.

People often ask me during cooking classes: "do you cook like this for your family?" "Do you cook every night"?

The answer is "yes" and "no". The key is to cook delicious food with great variety without cooking every evening. Streamline your dinner and lunch, this is what this service is about.

DO YOU COUNT CALORIES?

No. Calories can be very deceiving. I focus on what your body needs, lots of high quality carbs from vegetables, healthy fats and protein. By eating an anti inflammatory diet you are helping your body in so many ways, losing weight is one of them. to read more [check article out](#) by Dr. Mark Hyman

HOW DO YOU FIGURE OUT PORTION SIZES?

Finding my perfect portion size took some trial and error. I realized that restaurant portion sizes were way too big for someone my size who also sits for 10-15 hours a day. (I know)

The basic portion sizes that we want to aim for are this: 4 oz of protein, 1/2 cup of grains and 2 cups of veggies per meal. You can always add another portion so you can have leftovers for lunch.

DO YOU FREEZE MEALS?

Sure. I often make more stew or soup in order to freeze some. Its a great way to eat more but cook less. Not all foods freeze well, but anything saucy does, like stew, soup, lasagna, bread, cake.

Even though its frozen, food keeps on drying in the freezer, don't keep it there for too long.

HOW DO YOU KNOW HOW TO SEASON?

That certainly takes time and experience. I find that my method of using shakes rather than measuring spoons can help you get the hang of it eventually.

WILL USING YOUR PROGRAM TEACH ME HOW TO COOK?

I believe it will. Over time you will get to know and like certain recipes and our simple method can teach you how to cook. Also, member get exclusive access to cooking courses, tips and more. stay tuned

WHAT IS INCLUDED IN THE PLAN EVERY WEEK

The plan includes 4 main meals, breakfast item, a long-lasting salad and a healthy dessert.

Hopefully this plan will provide you with a good foundation for the week, leaving room to have a night out or a pizza night in.

WHAT MADE YOU START DINNER PLAN WEEKLY

In my 20's, when I was in college, I had a room-mate. Even though I had a part-time job I lived on a budget and my life was busy with social events. I would get home in the evenings

s-t-a-r-v-e-d.

Every weekend I would blast off my favorite music and cooked myself food for the week. Many nights I would get home to find out that my room mate helped himself to my food. He too, loved to come home to home made food, but didn't get organize to make some for himself.

We were able to come to an arrangement but the feeling of having food waiting for me at home still remains. Knowing all day that is a comforting soup or favorite dish gives me strength. if you don't know what I mean, you may want to try [it!](#)

Do you have any more questions? Reach out to me directly: ofriofri@gmail.com. Happy to hear from you!