

Forever Fit Monthly Meal Prep Exchange

What

Forever Fit Monthly Meal Prep Exchange is a group of community members who commit to cooking freezer-friendly meals for one another each month. You cook one recipe a month and then swap meals with other members. This is a month by month exchange, so you can choose months that work best for you.

Why

There are so many advantages to freezer meal cooking. These advantages are multiplied when you work together with like-minded friends.

1 – **Save money.** By meal planning and buying in bulk, you'll see your grocery bill go down significantly. Plus, in our house, knowing I have ready-to-go meals within reach keeps us from spending money by eating out.

2 – **Save time.** By planning your shopping trip, you'll cut down on all those little stops by the store during the week.

3 – **Have healthy meals always on hand.** You'll be giving your family a wide variety of wholesome, nutrient-dense meals and NOT processed junk.

4 – **Help others.** A bonus to freezer meal cooking is that it's easy to have meals on hand to take to new parents or someone in need, too.

5 – **It's fun!**

Where

Your kitchen/ a friend's kitchen

Forever Fit

When

Sign up the first week of the month

Exchange the third Saturday of the month

Enjoy the food throughout the month

How

Step 1: Each month decide if you would like to participate in the Forever Fit Meal Prep Exchange.

Step 2: Let Dave or Lexi know via Facebook Messenger or email that you are interested in participating in the Exchange (please do not just verbally tell one of us). You will be added to the monthly private Facebook group. You need to let Dave or Lexi know between the 1st and 7th of the month, if you do not let us know, you will have to wait until the next month.

Depending on the number of people participating, we may break into smaller groups.

Step 3: Begin to look for recipes. Each person will find at least 2 recipes ideas for their meal prep. You will post the recipes to the Meal Prep Facebook Group to make sure we have variety; such as some beef, chicken, pasta, seafood, soup, etc. You will only choose one recipe to make (or more if you want).

Step 4: Cook your assigned meals on your own time, making sure that each group member gets at least four servings of the selected recipe. Then, put it in the freezer until you're ready to swap. (it can normally take up to 3 hours from start to clean-up depending on the recipe.) Make it fun and invite friends over for a meal prepping "party".

Step 5: Put a label on top of the meal, including **the name, date prepared, who** prepared it (in case they have questions), and **directions** for what to do with it after thawed (i.e. "Bake at 350 for 20 minutes" or "Warm on low on the stove.").

Step 6: Bring a cooler/ bag and meals to the gym the third Saturday of the month to swap your meals. Exchanges will happen on Saturday after The Challenge workout.

Step 7: Prepare the meals throughout the month and then leave feedback for the recipes on the Forever Fit Meal Prep Exchange Facebook Group page.

Step 8: Anyone and everyone is invited to join, so tell your friends and sign up for next month's meal prep exchange during the first week of the next month.

Rules to Establish in a Facebook Discussion

1. What are our top food values?

- “real food” ingredients and avoid processed ingredients as much as possible?
- hormone-free/antibiotic-free meats?
- Cost-effective?
- kid-friendly?
- healthy?
- simply tasty?

2. How many meals will we make for one another each round?

3. How often will we swap meals?

4. How much will we spend on our meals?

5. Be open to feedback. Sometimes freezer meals do not always turn out the way you hoped and that is okay, but we do not want to make the same mistake twice.

6. Everyone polices themselves.

What kind of containers will we swap meals in?

A few options:

- Reusable BPA-free Glad Ovenware containers*. They stack nicely in the freezer and the food pops out easily into an 8×8 casserole dish when ready to cook. The lids do tend to break after a while, though.
- BPA-free freezer zip-top bags* work well for some frozen foods, like meat in marinades and soups. They do not work so well for casseroles.
- Lastly, you can use disposable aluminum pans with lids. These are particularly helpful when making a frozen meal to give away to a friend or someone in need.

Calendar

April

- Launch 4-series email and Facebook campaigns Monday, March 26
- Sign up Sunday, April 1-Saturday, April 7
- Exchange Saturday, April 21

May

- Launch 4-series email and Facebook campaigns Monday, April 23
- Sign up Tuesday, May 1-Monday, May 7
- Exchange Saturday, May 19

June

- Launch 4-series email and Facebook campaigns Monday, May 28
- Sign up Friday, June 1-Thursday, June 7
- Exchange Saturday, June 16

July

- Launch 4-series email and Facebook campaigns Monday, June 25
- Sign up Sunday, July 1-Saturday, July 7
- Exchange Saturday, July 21

August

- Launch 4-series email and Facebook campaigns Monday, July 23
- Sign up Wednesday, August 1- Tuesday, August 7
- Exchange Saturday, August 18

September

- Launch 4-series email and Facebook campaigns Monday, August 27
- Sign up Saturday, September 1-Friday, September 7
- Exchange Saturday, September 15

October

- Launch 4-series email and Facebook campaigns Monday, September 24
- Sign up Monday, October 1-Sunday, October 7
- Exchange Saturday, October 20

November

- Launch 4-series email and Facebook campaigns Monday, October 29

- Sign up Thursday, November 1-Wednesday, November 7
- Exchange Saturday, November 17

December

- Launch 4-series email and Facebook campaigns Monday, November 26
- Sign up Saturday, December 1- Friday, December 7
- Exchange Saturday, December 15