



BLISSFUL
— LITTLE HOME —

Meal Prep Guide

Your step-by-step system for calmer weeks,
organised meals, and less food waste

Ultimate Meal Prep Guide

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Start with a clear plan

Before cooking anything, take a quick look at your week:

- How many lunches do you need?
- Which nights are busiest?
- What meals do you already have ingredients for?

You don't need to prep for the entire week. Just prep a few key things that remove pressure. This helps reduce food waste, avoid overbuying, and makes the whole process feel manageable.

Cooking in bulk is helpful, especially when it's portioned and stored so it's easy to use and less likely to waste.

Build a simple weekly routine

Meal prep becomes easier when you follow the same simple rhythm each week. Start by choosing a window of time that works for you.

You can work in stages or do everything at once, but follow a simple flow:

- Prepare your ingredients
- Cook your meals
- Portion everything into containers while it's still fresh.

Keeping the process consistent each week means you spend less time deciding what to do, and more time simply getting it done.

Over time, this routine becomes something you can rely on, rather than something you have to plan from scratch.



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Why the storage you choose matters

The biggest reason meal prep falls short is storage. Food gets pushed to the back of the fridge, containers leak, or meals don't stay fresh long enough.

Using airtight, durable glass containers helps:



Keep meals fresh



Prevent leaks & avoid odours



Make everything visible and easy to grab



Reheat directly in the same container



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Choosing the right size

One of the most common questions is: "Which size should I use?"
The answer comes down to how you prep and eat.

2600ml



1940ml (square)



1400ml



1170ml (square)



944ml (round)



700ml



610ml (square)



472ml (round)



236ml (round)



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Small (236ml, 472ml)

Sauces & Dips: Whipping up batches of homemade hummus, tzatziki, or salad dressings to use throughout the week.

Snack Portions: Pre-portioning mixed nuts, trail mix, or protein powder for post-workout shakes.

Half-Cut Produce: Storing leftover halves of avocado, lemon, or onion to keep them fresh and help prevent fridge odours.

Leftover Ingredients: Saving small amounts of coconut milk, tomato paste, or fresh herbs.

Individual Desserts: Perfectly portioned chia puddings, overnight oats, mini chocolate mousses, or baked apple crumbles.



Medium (610ml, 700ml, 944ml, 1170ml)

Everyday Meal Prep: Balanced lunches like chicken, rice, and greens, or easy leftovers.

Fresh Produce: Storing berries, beans, cucumber, celery, or individual fruit salads so they're ready to grab and go.

Cheese Storage: Keeping blocks of cheddar, feta, or halloumi fresh and easy to access.

Side Dishes: Storing leftover roasted vegetables, quinoa, or mashed potato from dinner.

Baking Prep: Pre-measuring wet or dry ingredients when preparing for a baking session.

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Large (1400ml)

Ideal for larger single meals, hearty salads, or bulkier portions.

Marinating Meats: Plenty of room to marinate steaks, chicken breasts, or tofu.

Hearty Salads: Building large, filling salads (store dressing separately to keep leaves fresh and avoid crushing).

Baked Goods: Storing muffins, brownies, or protein balls to keep them fresh.

Dinner Leftovers: Holding larger portions of meals like lasagne or shepherd's pie.



Extra Large (2600ml)

The ultimate choice for batch cooking and larger quantities.

Batch Cooking: Preparing soups, curries, or bolognese sauce to store or freeze for later.

Bulk Grain Prep: Storing cooked rice or pasta to use as a base for meals throughout the week.

Pre-Chopped Produce: Keeping large amounts of chopped vegetables ready for quick meals.

Dough Proving: Allowing sourdough or pizza dough to rise with plenty of space.

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Use them in your routine

These containers are designed to be incredibly versatile, with a range of sizes and shapes to suit your lifestyle.

Here's how we use them:

- ✓ Meal prep and batch cooking
- ✓ Storing leftovers
- ✓ Reheating meals without transferring
- ✓ Baking and roasting in the oven
- ✓ Prepping and storing fresh produce
- ✓ Packing work lunches
- ✓ Easily transporting food for BBQs and picnics

Enjoy one reliable, durable system that works across your entire weekly routine.



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Care tips for your containers

Cooling: Allow hot food to cool slightly before popping the lid on and sealing.

Glass base: Safe for use in the oven, microwave, airfryer, fridge, freezer and dishwasher.



Temperature shock: Avoid sudden temperature changes, such as moving containers straight from oven to freezer.



Lids: Can be used for light reheating with the vent open, but are not recommended for extended high heat.

For cleaning, place lids on the top rack of the dishwasher.

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Your convenient kitchen starts here

With a simple plan, the right container sizes, and a routine that fits your week, meal prep becomes something you can rely on. Less waste, less stress, and more free time.



Simple recipes to get you started

These meals are simple to prepare in advance and hold well when stored properly.

Chia Pudding

Ingredients:

- 1 cup coconut milk
- 1 cup milk of choice
- 1/2 cup chia seeds
- 2 tablespoons maple syrup
- A splash of vanilla
- Yoghurt and fruit of choice for topping

Method:

Mix your milk, coconut milk, chia seeds, maple syrup, and vanilla together.

Divide the mixture evenly between four of your 236ml glass containers and place them in the fridge overnight.

Add your favourite yoghurt and fresh fruit toppings in the morning before enjoying!

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Zucchini Slice

Ingredients:

375g unpeeled zucchini, grated
1 onion, finely chopped
4 rashers of bacon, chopped
1 cup grated cheese
1 cup self raising flour
5 eggs
1/2 cup neutral oil (canola or vegetable oil works perfectly!)
Salt & pepper to taste

Method:

Preheat your oven to 180°C fan-forced
Add all ingredients together and mix thoroughly until well combined, making sure to scrape the corners.

Smooth the top and bake for roughly 35-40 minutes, or until the slice is golden brown and cooked through.

Enjoy it fresh out of the oven, and simply pop the lid on once it has cooled to store the leftovers in the fridge!



High Protein Baked Pancake

Ingredients:

1 egg
50g Greek yoghurt
60ml milk
35g plain flour
25g protein powder (I used banana flavour)
½ tsp baking powder
50g blueberries (or toppings of your choice)
Drizzle of sugar free maple syrup

Method:

Mix all ingredients together (apart from toppings). Add your toppings.

Bake for approx. 20 minutes, or until a skewer comes out clean.

Drizzle with maple syrup and enjoy!

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Shaken Salad

A great way to turn leftovers into a quick salad. You can use whatever you have on hand. Here's a suggested recipe.

Ingredients:

Leftover protein (we use chicken or turkey)
Cucumber
Red onion
Greek yoghurt
Minced garlic
Salt & pepper

Method:

Chop your ingredients, finely dice the red onion, slice the cucumber, roughly chop your protein.

Add a dollop of Greek yoghurt, a small amount of minced garlic (to taste), and salt and pepper.

Place the lid on the container (ensure the vent is closed). Shake until your salad is evenly mixed.

Single Serve Choc Ripple Cake

Ingredients:

Vanilla extract
Thickened cream
Choc Ripple biscuits
Topping of your choice: fruit, chopped chocolate, Biscoff syrup

Method:

In a bowl, add cream and vanilla extract. Beat until firm peaks form.

Spread a layer of whipped cream on the bottom of 236ml container.

Make a stack of 5-6 biscuits with a layer of cream between each. Press the stacks into the layer of cream into the container.

Cover with another layer of whipped cream and chill in the refrigerator.

Finish with toppings of your choice and serve.

Find more recipes and inspiration on our Instagram!

 [@blissfullittlehome](https://www.instagram.com/blissfullittlehome)

