

BLUE HARBOR EDITIONS

MEAL PREP 30

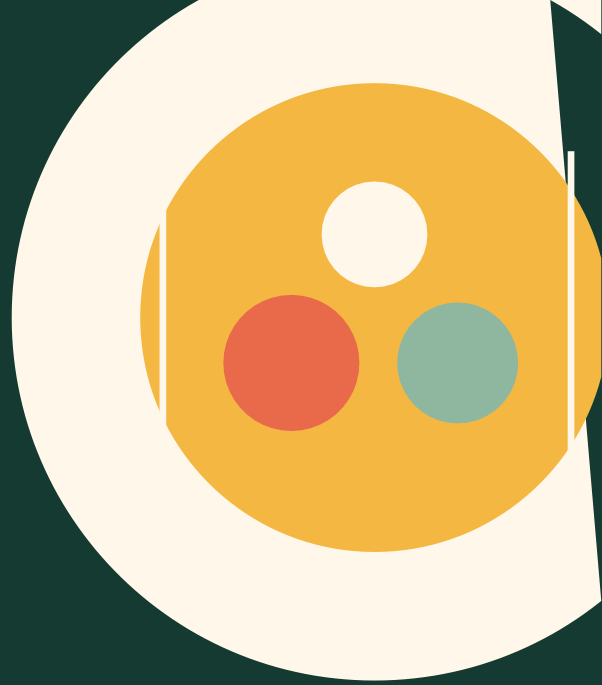
30 days of cheap, simple and
organized meals

42 RECIPES | 4 SHOPPING LISTS | 30 PROMPTS



BLUE HARBOR
STUDIO

2026 EDITION | CODE BH-005



Meal Prep 30

30 days of cheap, simple and organized meals

Blue Harbor Editions - BH-005 - Italian Edition 2026

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Food warning

This guide is intended for healthy adults as a home organization tool. It is not a therapeutic diet and is not a substitute for a doctor or dietitian. Allergies, celiac disease, pregnancy, diseases, eating disorders, pediatric age or clinical needs require personalized professional indications.

Security

Storage times depend on ingredients, temperature, hygiene, container and local indications. Always follow up-to-date official labels and sources. Cool quickly, maintain the cold chain, avoid contamination, and heat leftovers completely. If a food is doubtful, do not consume it.

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How to use the plan

The main recipes produce two servings: one for the indicated meal and one for the next linked meal. For breakfast, two or four portions are indicated. Do not automatically store everything in the refrigerator for seven days: freeze the portions intended later immediately and thaw safely.

Before you begin: Check pantry, freezer, allergies, labels, space, and containers. Substitute ingredients based on what's actually available, not just price.

Cost Ranges

Headband	Meaning
1	Very economical, based mainly on cereals, legumes, eggs and vegetables
2	Economical, with chicken, tuna or dairy products
3	Moderate or with more variable ingredients

PART I

Method and security

Budget, pantry, containers, portions, allergens, storage and waste reduction.



01. The Meal Prep 30 Method

The plan uses weekly cycles: choose the menu, do the shopping, prepare bases and dishes, store safely and complete the last few minutes at mealtime.

Component kitchen

Not all dishes need to be finished in advance. Grains, legumes, vegetables, and sauces can become different meals.

Two temperatures

Store separate reheating elements and fresh ingredients. Season salads and bowls only at the moment.

Rotation

Refrigerate portions for the first few days and freeze those intended for later immediately.

Review

At the end of the week, write down leftovers, real times and popular recipes. The next menu needs to learn from this data.

Checklist

- ☐ I checked labels and deadlines.
- ☐ I have enough space in the fridge and freezer.
- ☐ I separated raw and cooked.
- ☐ I have defined what to consume early and what to freeze.
- ☐ I have labels with name and date.