



[DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#). Copyright © 2019 by Chungah Rhee. Published by Grand Central Publishing, a division of Hachette Group, Inc. All rights reserved. Photography Copyright © 2019 by Chungah Rhee.

**Our Summary:**

If you cook long enough the concept of *mise en place* is a familiar one. “Everything in its place” is the rule of thumb when beginning a recipe. [Damn Delicious Meal Prep](#) takes that idea of *mise en place* to the next level and helps you prepare for a week's worth of meals with one carefully planned trip to the grocery store. By thinking ahead, planning ahead, and getting everything in its place, delicious meals come together with little time – or stress – during the week. The result? Delicious meals, that are easy to make, nutritionally beneficial, and as

the author suggests, damn delicious!

**What you need to know:**

**Get it:** [DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#). Copyright © 2019 by Chungah Rhee. Published by Grand Central Publishing, a division of Hachette Group, Inc., February 5, 2019 Hardcover \$30.00; ([Amazon \\$19.49](#); [Kindle \\$15.99](#)).

**See it:** 304 pages broken into 2 parts. Part 1, a brief, but important, introductory section explains the concept of “meal prep” and “big batch cooking”, and offers pre-selected menus along with grocery lists to use. Part 2, the recipes, are broken out into chapters including breakfast, cold lunch, warm lunch, dinner, and more, with a recipe table of contents that begins each chapter. The index is thorough by both ingredient – with a lists of recipes that include that ingredient (brilliant!) and by recipe name. Two worksheets for your own meal prep planning are also included.

**Make it:** 115 recipes for every meal of the day and freezer meals. Nutritional information for each recipe is included.

**Chef Donna’s Review:**

We've heard it said “some live to eat and others eat to live.” But when blogger-turned-author Chungah Rhee set out to regain control of her exhausting lifestyle, and lose weight, she asked the better question: “could I live to eat *and* eat to live well?” She found the answer with the simple idea of meal prep. In [Damn Delicious Meal Prep](#) Rhee enthusiastically re-introduces you to the idea that by dedicating a weekend afternoon to chop, cook, and portion large amounts of foods into perfectly prepared packages for the week ahead, you’ll be able to create nutritious, stress-free breakfasts, lunches, and dinners in minutes. Meal planning, and the corresponding meal prep, focuses your meals around ingredients that can be used in different ways so you save time and money all week long.

[Damn Delicious Meal Prep](#) opens with a critical 6 page introduction that explains why you are buying large volumes of food and dedicating a chunk of time to your prep in one day. Not a weight-loss program and not an exercise in chopping, meal prep is intended to revitalize your thinking as to what is possible for you to make every day of the week. With the right kind of planning and prep, meals like



*Chicken Tikka Masala, Spicy Tuna Bowls, or Chocolate Strawberry Energy Bites* become possible in under 30 minutes. [Damn Delicious Meal Prep](#) gives you recipes for breakfasts, cold and warm lunches, and dinner. In-between those chapters you'll find more chapters dedicated to *smoothies, snacks and freezer meals*, so you always have exactly what you need or (perhaps more importantly) what you are hungry for.

It's possible one of the most engaging parts to [Damn Delicious Meal Prep](#) is the variety of containers that Rhee encourages you to use. With [bento box like segmented containers](#) and [mason jars of all sizes](#), that are featured in the gorgeous photos of the finished recipes, you're likely to find yourself spending as much time searching for your service pieces (even the [standard to go containers!](#)) on Amazon as you will planning your grocery trip and prep time. And while time is a precious little thing we have to spare, with the help of a high speed blender, sheet pan and a few other standard countertop and kitchen utensils, you're on your way to creating everything you need for a week's worth of meals.

With the right planning, you can start your week with the *Green Detox Smoothie* or the *Carrot Ginger Smoothie* and find that you're setup for other delicious meal preps that include *Mason Jar Chinese Chicken Salad, Mom's Pot Pie, Green, Broccoli Detox Soup, Greek Chickpea Power Salad, Thai Chicken Buddha Bowls, Detox Chicken Soup*, and more. That's the beauty of this book. You start with a set amount of ingredients and you return home from the grocer with endless meal options. Starting at breakfast with, say, *Ham Egg and Cheese Breakfast Quesadillas, Protein Power Waffles*, or a *Smoked Salmon Mini Bagel Bar*, all the way through freezer meals that keep at the ready, like *Turkey Tamale Pies with Cornbread Crust, Greek Turkey Meatballs, and Vegetable Potstickers*, [Damn Delicious Meal Prep](#) gives you plenty of instruction and a handful of lists and meal themes to get you started. Nutritional information is included for each recipe so you can make the choices that are right for you. Still not confident you can do this on your own? You can cook through Rhee's pre-set menus for at least a month to boost your confidence and inspire your own menus.

Yes, you will invest some time and planning. Yes, you will invest some time in preparing for the week ahead. But the payoff with [Damn Delicious Meal Prep](#) comes in the combinations and possibilities at your fingertips every time you step into your kitchen. And, during a busy week, or after a stressful day when you just need to satisfy a craving (pizza anyone? how 'bout lasagna?), you'll be happy to have taken the few short hours – when you have them – to get your meal planning and prep done.

Recipes to cook from from [DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#). Copyright © 2019 by Chungah Rhee. Reprinted with permission of Grand Central Publishing. All rights reserved.

[Green Broccoli Detox Soup](#)

[Korean Meal Prep Beef Bowls](#)

[Farro Bibimbap Bowls](#)