

TUESDAY



WEDNESDAY



THURSDAY



# Meal Planning &

# Prepping

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Working late, deadlines pending, no time to cook, need to save money – if any of these scenarios sound familiar, then meal planning and prepping provide some solutions.

This presentation shares meal plans and meal-prepping tips to help employees stay healthy during the week, maximizing budget capability and time efficiency. A great session for busy professionals and shift workers – providing healthy alternatives to takeaways.

Content includes:

- Meal planning methods
- Budget-friendly staples
- Saving costs with seasonal fruits and vegetables
- Protein-packed recipes
- Bento boxes

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*