



leftovers_____

1.- a meal that includes carbohydrates, protein, and vegetables in proper amounts



meal prep_____

2.- to leave food in liquid so it absorbs moisture



batch cooking_____

3.- a box or jar used to store food



grab-and-go_____

4- closed so tightly that no air can enter or escape



container_____

5.- food you can quickly take and eat without preparation



airtight_____

6- preparing food in advance for future meals



freshness_____

7.- cooking a large amount of food at one time



soak_____

8.- the quality of tasting or smelling new, clean, and not old



balanced meal_____

9.- food that remains after a meal and is saved for later