



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