



Step Four: Prep Your Ingredients in Advance

These are the tools that make batch cooking, organising and storing your ingredients simple and stylish — no clutter or overwhelm.

Storage Containers

- Glass containers with airtight lids (better for reheating & longevity)
- Great for storing cooked meals, soups, stews, leftovers

Try: IKEA 365+ range, John Lewis, or Dunelm

Plastic BPA-free containers

- Lightweight and budget-friendly

Try: Sistema containers from Sainsbury's, Amazon or Tesco

Mason jars or recycled glass jars

- For overnight oats, chia puddings, dressings and smoothies

Try: Amazon UK, Lakeland, or reuse pasta sauce jars

Portion & Snack Pots

- Mini containers for powders & seeds (perfect for cacao, maca, protein powder, spices, seeds or dressings on the go)

Try: Lakeland, Amazon, Poundland (budget-friendly sets)

Silicone snack bags or pouches

- Reusable and easy to clean – ideal for fruit, nuts, or crackers

Try: Stasher Bags (available on Amazon UK or Planet Organic)

Lunch Boxes (Hormone-Friendly + Stylish)

- Stackable Bento Boxes – perfect for portioning lunch and snacks

Try: Black+Blum (John Lewis, Amazon), Monbento (Amazon, Selfridges)

Thermal lunch jars

- Keeps soups, stews and warm dishes hot

Try: Thermos UK, Black+Blum or Chilly's Food Pots

Collapsible silicone lunch boxes

- Great for space saving

Try: Amazon or Lakeland

Other Basics

- Sharp chef's knife
- Chopping board (wood or BPA-free plastic)
- Garlic crusher, grater, citrus squeezer
- Salad spinner (game changer for leafy greens!)
- Steamer basket or air fryer
- Blender or hand blender for smoothies, soups, sauces



Catherine Howell
CERTIFIED INTERNATIONAL HEALTH COACH
AND LIFE COACH

☎ +44 7542022488
✉ Catherine@WISWYHealth.com
🌐 www.WISWYHealth.com
📷 @CoachCatWISWY



Work In Sync With Yourself

Disclaimer: This handout is based on current research and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult with a qualified healthcare provider before making any significant changes to your diet or lifestyle. By following these suggestions, you acknowledge that you do so by exercising your right of choice.

P.S. Did you like this handout? Then you'll love [She Thrives Academy](#), along with my [Emotional Eating Breakthrough Blueprint](#) and [Menstrual Cycle Mastery](#) courses!

