



SIMPLE MEAL PREP GUIDE

How it Works

1

Choose Your Meals

Decide what you'll eat for the week which will allow you to make a grocery list to purchase the right amount of food. Ideally, you'll want to start with no more than 2 different meals and plan out which days you'll eat them.

2

Buy The Ingredients

Determine how much you will need to make your meals for the week. You'll determine this by knowing how much your portion size should be for each meal. Then make a list and go buy what you need for the week.

3

Set Aside Time to Prepare

Once you have the ingredients, determine the best way to bulk cook the food and set aside time to do so. Often times, it is easy to bake or slow cook meat, and then bulk cook veggies and carbs on the stove top (or in the oven as well if you have room.) For the first time, set aside at least 1-2 hour to prepare everything. You'll find a groove soon enough!

4

Prepare Your Meals

When you get to this point, you should have all your vessels for cooking along with the containers you'll be putting it in. I recommend glass containers as they are safer for long term use and can withstand multiple washes under hot water. Usually your meat or protein will take longer to prepare so plan to start there. Then once you've got that going, you can dive into the other portions for the week.

Building Your Meals

Building your meals doesn't have to be stressful. For each meal, follow the steps below to help you visually plan. Aim for protein, complex carbs (yes, this includes veggies/fruit), and healthy fats to keep you full. You may see some items listed in more than one place. This is because they are high in protein but also can serve as protein or fat category as well.

PLEASE NOTE: These are just ideas and does not include all food options.

1. Select at least 1 protein per meal.

- Chicken Breast
- Steak
- Lean Ground Beef
- Ground Bison
- Salmon
- Tuna
- Turkey
- Ham
- Eggs
- Tofu
- Black/Kidney Beans
- Quinoa
- Edamame
- Shrimp

Other (non-main ingredient options):

- Almonds
- Nut Butter
- Greek Yogurt
- Cottage Cheese
- Chia Seeds
- Chickpeas
- Edamame

Great options for snacks or breakfast meals!

2. Select at least 1 grain and 1 vegetable/fruit.

- Brown or White Rice
- Couscous
- Sweet Potatoes
- Red Potatoes
- Oats
- Whole Wheat Pasta
- Quinoa
- Beans
- Broccoli
- Carrots
- Peas
- Corn
- Peppers
- Tomatoes
- Leafy Greens
- Cucumbers
- Tomatoes
- Berries
- Mandarines
- Edamame
- Other fruits and vegetables

3. Select as needed to complete meal.

- Feta
- Mozzarella
- Other cheeses
- Almonds
- Nut Butters
- Chickpeas
- Canned sauces (tomato sauce)
- Herbs + Spices
- Salt + Pepper
- Oils
- Granola
- Dressing or Other Condiments (as needed to prepare)

EXAMPLE MEALS

Here are 3 easy examples to get you started with meal planning!



CHICKEN, BROCCOLI & RICE

Bake the chicken and broccoli on the same pan sheet. Or make shredded chicken in the crock pot!

- ✓ Chicken Breast
- ✓ Broccoli
- ✓ White or Brown Rice

STEAK, PEPPERS, & QUINOA

Grill the steak or throw it in the crockpot. Sauté the peppers on the stove while you cook the quinoa.

- ✓ Top Sirloin or Round
- ✓ Bell Peppers
- ✓ Quinoa

TURKEY, VEGGIES & PASTA

Grab pre-cooked turkey or deli meat. Cook the pasta and mix in cucumbers, tomatoes, and feta!

- ✓ Turkey
- ✓ Whole Wheat Pasta
- ✓ Cucumbers
- ✓ Grape Tomatoes
- ✓ Crumbled Feta or Swiss

Remember to use seasoning and oils as needed to prepare these dishes!

Grocery **LIST**

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PANTRY:

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