

A top-down view of various meal prepping ingredients arranged on a light grey surface. In the top left is a wooden bowl filled with a mix of white and black rice. To its right is a glass bowl containing sliced red and yellow apples. Below the rice bowl is a clear plastic container filled with green snow peas. In the center, a small white bowl holds a yellow liquid, likely oil. To the right of the oil bowl is a white bowl filled with cooked, orange-colored shrimp. At the bottom center is a glass bowl of green grapes. To the bottom left is a small wooden bowl containing a mix of cashews, almonds, and walnuts. At the bottom right, a wooden bowl contains uncooked fusilli pasta. A semi-transparent white rectangle with a dark green border is centered over the image, containing the text 'MEAL PREPPING GUIDE' in a black serif font.

MEAL PREPPING GUIDE

What is Meal Prepping?

The act of portioning out a prepared meal or recipe to generate grab-and-go meals for later is known as meal planning. If you've ever prepared a mini-meal by packing up your dinner leftovers to eat for lunch the next day, congratulations!



Why meal Prepping?

**YOUR SOLUTION TO
EATING WHOLESOME AND
DELECTABLE MEALS ALL
WEEK LONG IS WEEKEND
MEAL PREPARATION.**



5 meal prep perks

- YOU'LL HAVE PLENTY PREPARED FOOD IN THE FRIDGE FOR THE COMING WEEK.
- TIME WILL BE SAVED DURING THE WORKWEEK.
- THERE WILL BE LESS FOOD WASTE.
- YOU'LL GET A DEAL.
- YOUR STRESS LEVEL WILL DROP.



You'll have plenty

FOODS THAT WILL FUEL
YOUR WORKOUTS, FEED
YOUR BODY (AND THE
BODIES OF YOUR FAMILY),
AND MAKE CHOOSING
HEALTHY OPTIONS
CONVENIENT
THROUGHOUT THE WEEK.



TIME WILL BE SAVED DURING THE WORKWEEK.

Even though you'll probably need to add a few extra meals and this meal prep won't last you the entire week, it will give you a solid start. This will free up your nights to do whatever it is you love (or need to do), such as taking a stroll, reading a book, spending time with family, cleaning the house, etc.



There will be less food
waste.

YOU'LL BE MORE
CONSCIOUS OF WHAT YOU
HAVE ON HAND AND WHAT
NEEDS TO BE CONSUMED
BEFORE IT EXPIRES.



There will be less food waste.

YOU'LL BE MORE
CONSCIOUS OF WHAT YOU
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NEEDS TO BE CONSUMED
BEFORE IT EXPIRES.



You'll get a deal.

AS LONG AS YOU KEEP TO
YOUR GROCERY PLAN,
KNOWING WHAT YOU ALREADY
HAVE AND WHAT NEEDS TO BE
USED UP WILL HELP YOU AVOID
BUYING EXTRA INGREDIENTS OR
IMPULSIVE ITEMS AT THE STORE.



Your stress level will
drop.

IT JUST FEELS GREAT TO
KNOW THAT YOU HAVE
ACCESS TO A FRIDGE FULL
OF NUTRITIOUS MEALS.
WHAT'S FOR DINNER? IS A
QUESTION YOU'LL NEVER
BE WITHOUT AN ANSWER
FOR!



MEAL PREP MENU

SWEET POTATO TURKEY SAUSAGE EGG BAKE

SERVING SUGGESTION:

Serve with sliced avocado and a drizzle of spicy sauce on top, along with a side of fresh fruit.

EASY EGG ROLL IN A BOWL

SERVING SUGGESTION:

Top with a little spicy sauce and serve with white or cauliflower rice.



MEAL PREP MENU

CHICKEN TACOS OR BOWLS IN AN INSTANT POT
(OR A SLOW COOKER)

SERVING SUGGESTION:

Serve with your preferred garnishes on top of a bed of greens and rice, either cauliflower or ordinary rice. As an alternative, serve with your preferred toppings in a tortilla of your choice.

CHOCOLATE CHIP PEANUT BUTTER
ENERGY BITS

SERVING SUGGESTION:

Take pleasure in as a quick snack with some fresh fruit or vegetables.



why meal prepping is important?

Healthy eating frequently has a bad rap for being prohibitively pricey. However, you can save money by meal planning since you can buy products in bulk, save extra food in the freezer, and most importantly spend less money on eating out.



8 Benefits of Meal Planning from Science

Meal prep may have become famous because to rows of identical rainbow dinners organised neatly in glass containers on TikTok and Instagram, but there's more to this technique than meets the eye. Planning, preparing, and occasionally cooking meals for several days in advance offers a number of shown benefits, from time savings to assisting you in consuming a greater variety of nutrients.

According to Basheerah Enahora, RDN, proprietor of BE Nutrition in Charlotte, North Carolina, "I definitely think meal planning helps us with just living well in general." We're more inclined to choose nutrient-dense items at the grocery store when we give it some thought. We have a list that has been predetermined.



8 Benefits of Meal Planning from Science

1. MEAL PLANNING MAY ENHANCE THE QUALITY AND VARIETY OF DIETS
2. MEAL PLANNING IS ASSOCIATED WITH WEIGHT LOSS AND THE PREVENTION OF OBESITY
3. MEAL PLANNING TENDS TO BE COST-EFFECTIVE
4. TIME CAN BE SAVED BY MEAL PREPARATION (AND GET YOU ORGANIZED)
5. MEAL PLANNING MAY INCREASE LIFESPAN
6. MEAL PREPARATION COULD LESSEN FOOD WASTE
7. MEAL PLANNING REDUCES IMPULSIVE FOOD PURCHASES AND THE DREADED "HANGER"
8. MEAL PLANNING MAY CONTRIBUTE TO YOUR EMOTIONAL WELLNESS.

GUIDE FOR MEAL PREP

To finish the meal preparation promptly, adhere to the 13 procedures listed below. As you finish the chores, check them off the list.

Step 1: For a better idea of what to expect, read the recipes.

Step 2 : For the Sweet Potato Turkey Sausage Egg Bake, preheat the oven to 400°F.

Step 3 : The chicken tacos' ingredients should be gathered (just the meat portion). Choose whether to use the Instant Pot or the slow cooker to cook the food. To follow the recipe exactly, do so.

Step 4 : Gather all the ingredients for the Egg Bake and prepare it according to the recipe once the chicken taco meat has finished cooking.

Step 5 : After the chicken taco meat has finished cooking, assemble the ingredients for the egg bake and make it according to the recipe.



GUIDE FOR MEAL PREP

To finish the meal preparation promptly, adhere to the 13 procedures listed below. As you finish the chores, check them off the list.

Step 6 : If you're making chicken tacos in the instant pot, shred the chicken and add it back to the liquids (Instant Pot should be turned off). While you finish off the preparation, leave the chicken to sit in its juices.

Step 7 : Follow the recipe and gather the ingredients for the Egg Roll in a Bowl.

Step 8 : Gather the ingredients for the Peanut Butter Chocolate Chip Energy Bites and make them while the Egg Roll in a Bowl is cooking. Take breaks as necessary to tend to the Egg Roll in a Bowl.

Step 9 : Divide the rice and Egg Roll in a Bowl into 4 separate containers or two large containers once the Egg Roll in a Bowl is finished (one for the rice and one for the Egg Roll in a Bowl). Before putting the containers in the refrigerator, set them aside and allow them to cool.



GUIDE FOR MEAL PREP

To finish the meal preparation promptly, adhere to the 13 procedures listed below. As you finish the chores, check them off the list.

Step 10 : Take the chicken tacos and place them in a big container. Prepare your preferred taco toppings and fillings. Maintain in distinct containers. Put in the refrigerator. Wait until right before serving to slice or cube avocado if adding it.

Step 11 : In a big container, transfer the chicken tacos. Make your preferred taco fixings and toppings. Dispose of in distinct containers. Add to the refrigerator. If adding avocado, wait until right before serving to slice or cube.

Step 12 : Wash and prepare any additional fruit and vegetables you have on hand for quick snacks, meals, salads, etc.

Step 13 : Put your feet up, tidy up the kitchen, and enjoy your accomplishment!



meal prep recipe 1

Baked sweet potatoes, sausage, and eggs

For dinner preparation, egg bakes are fantastic. They reheat wonderfully, and you can easily swap out the ingredients to suit your current pantry. You are welcome to make your own adaptations to the recipe using ingredients you already have on hand or that seem delicious to you.

Add some cheese, if you'd like!

MEAL: BREAKFAST, LUNCH, OR DINNER ||
SERVES 4 || PREP TIME: 25 MINS. || COOK TIME:
16-18 MINS.

INGREDIENTS

- ½ Tbsp. cooking fat of choice
- 1 medium sweet potato, cubed small (-2 cups cubed)
- ½ lb. turkey sausage of choice*** (may sub any breakfast meat)
- ½ small red onion, sliced or diced (about -½ cup)
- ½ red bell pepper, sliced or diced (½-1 /3 cup)
- 3-4 cups spinach leaves (2 big handfuls)
- 7 whole eggs
- Salt & pepper

DIRECTIONS

1. Set the oven to 400 degrees. Cooking spray should be used to grease a glass baking dish that measures 9 by 9 inches.
2. Set the frying fat of choice to medium-high heat in a medium skillet. Add sweet potato cubes once it is heated. Sprinkle salt. Sweet potatoes should be somewhat soft after around 10-15 minutes of cooking, stirring regularly.
3. If the turkey sausage is raw, start browning it in another skillet over medium-high heat. If already cooked, skip this step and just crumble or chop the food.
4. After adding the peppers and onions, sauté the sweet potatoes for a further 3-4 minutes.

DIRECTIONS

5. Add spinach and simmer for 1-2 minutes, or until spinach is wilted, after peppers are cooked and onions are transparent.

The cooked turkey sausage is then stirred in, and the heat is turned off.

6. Crack the eggs into a bowl, season with a little salt and pepper, and whisk to mix.

7. Add the turkey sausage and sweet potato mixture to the prepared 9-by-9-inch baking dish. After that, add the whisked eggs on top. Be sure to fully immerse all of the ingredients so the eggs cover them. The centre should be set after 16 to 18 minutes in the oven.

8. Take the dish out of the oven, serve right away, or let it cool before storing.

DIRECTIONS

HOW TO STORE

Before covering the dish and keeping it in the refrigerator for up to 4 days, let the egg bake cool at room temperature for 45 minutes.

HOW TO REHEAT

Oven or Toaster Oven: Put a portion of the egg bake in a foil-covered oven-safe dish. Place in a 350°F oven and heat for 10–12 minutes, or until well heated. Increase cooking time by 7–9 minutes if reheating the entire egg bake.

On the stovetop, heat up a serving of egg bake in a skillet. When the water begins to simmer, add 1 Tbsp., lower the heat to medium, and then cover the pot with a lid. Cook until heated through for 4–5 minutes.

Egg bake can be heated thoroughly in the microwave by placing a serving on a dish and heating it for 90 seconds on high.



DIRECTIONS

HOW TO FREEZE

Allow the egg bake to cool for 45 minutes at room temperature. Cut the egg bake into small pieces. Put the pieces in a freezer-safe container with parchment paper between them to keep them from clinging to one another, then cool completely in the refrigerator before putting them in the freezer. can be frozen for a month at most.



DIRECTIONS

HOW TO REHEAT FROM FROZEN

Oven or Toaster Oven: Put a serving of the frozen egg bake in a foil-covered oven-safe dish. Heat thoroughly in a 350°F oven for 18 to 20 minutes.

Increase cooking time by 13 to 15 minutes if reheating the entire egg bake.

On the stovetop, heat up a serving of egg bake in a skillet. When the water begins to simmer, add 1 Tbsp., lower the heat to medium, and then cover the pot with a lid. Cook for 8 to 10 minutes, or until thoroughly cooked.

Egg bake can be heated thoroughly in the microwave by placing a serving on a dish and heating it for two to three minutes on high.



meal prep recipe 2

SIMPLE EGG ROLL WITH A BOW

One of our absolute favourite recipes for dinner preparation is this one! Easy Egg Roll in a Bowl is loaded with vegetables, extremely filling, remarkably simple to cook, and it makes the finest leftovers! For a quick reheat and eat supper, we prefer to dish it out into individual servings. This dish works well with broccoli slaw, but you may also use any other shredded vegetables of your choosing, such as cabbage and carrots.

DINNER OR LUNCH | SERVES 4 | PREP TIME: 10
MINUTES | COOK TIME: 20 MINUTES

INGREDIENTS

- 1 lb. ground chicken, turkey or pork
 - 2 tsp. cooking fat of choice
 - 8 green onions, sliced; white/light green and green parts separated
 - 3 tsp. grated fresh ginger
 - 5 cloves garlic, minced
 - 2 (12-ounce) bags broccoli slaw (or coleslaw mix)
 - ½ cup coconut aminos*, plus more for serving
 - 2 Tbsp. toasted sesame oil
 - 2 Tbsp. rice vinegar
 - ½ tsp. Chinese 5-spice powder**
 - Optional: Sesame seeds and/or fresh cilantro
- *May substitute ¼ cup tamari + ¼ cup water for coconut aminos if desired.
- **For the Chinese 5-spice powder, you may sub a pinch of cinnamon, cloves, fennel, star anise, and pepper OR just use what you have on hand of these spices

DIRECTIONS

1. Combine the rice vinegar, sesame oil, coconut aminos (or tamari and water), and Chinese five-spice powder in a bowl. Combine by whisking, then put aside.
2. Heat a large skillet to medium. Only add the oil and white or light green portions of the onions after the pan is hot. Stir-fry the onions for 3–4 minutes, or until they begin to soften.
3. Stir-fry for an additional minute after adding the ginger and garlic.
4. Include ground beef. The meat should be cut into small pieces using a spoon or spatula. Cook the meat for a further 7–8 minutes, tossing periodically, or until it is thoroughly cooked and no longer pink.

DIRECTIONS

5. TURN THE TEMPERATURE UP TO MEDIUM-HIGH. ADD SAUCE AND BROCCOLI SLAW (FROM STEP 1). THE SLAW SHOULD BE CRISP AND CRISPY OR TO YOUR PREFERENCE AFTER 6-7 MINUTES OF STIR-FRYING.
6. ADD THE SAVED, THINLY CUT GREEN ONION TOPS. REMOVE FROM HEAT AND, IF PREFERRED, GARNISH WITH SESAME SEEDS OR CILANTRO.
7. IF PREFERRED, SERVE WITH EXTRA SPICY SAUCE OR COCONUT AMINOS ON TOP.



HOW TO STORE

TRANSFER TO A LIDDED STORAGE CONTAINER (OR MEAL PREP CONTAINERS), LET COOL FOR 30 TO 45 MINUTES, THEN COVER AND REFRIGERATE FOR UP TO 4 DAYS.



HOW TO REHEAT

Place on the stovetop in a skillet set to medium-high heat. When the water begins to simmer, add 1 Tbsp., lower the heat to medium, and then cover the pot with a lid. Stirring occasionally, cook for 5 to 6 minutes, or until thoroughly cooked. Cook for 90 seconds on high in the microwave, or until well heated.

PLEASE CONTACT US IF YOU
REQUIRE ANY ASSISTANCE
OR HAVE ANY QUESTIONS
ABOUT MEAL PREPPING.



@fearstopshere



@CherCyr1



@CherylCyr1

THANK
YOU!