Faithfully Fit Mom Meal Prep Guide

“She is clothed with strength and dignity” – Proverbs 31:25

# Step 1: Plan Your Meals Around Your Week

Before you hit the store, ask:

- What kind of week is this? Busy, chill, in-between?

- Do I need grab-and-go options, slow cooker meals, or quick stovetop dinners?

Meal Planning Tips

- Pick 2 proteins, 2 veggies, 1 complex carb, and a breakfast/snack option to rotate.

- Plan for 3–4 days at a time to keep food fresh.

**Step 2: Keep It Simple (But Flavorful)**

You don’t have to cook gourmet—just healthy and satisfying.

Sample Meal Prep Menu:

- Protein: Grilled chicken thighs + turkey meatballs

- Veggies: Roasted broccoli + sautéed zucchini

- Carb: Quinoa or brown rice

- Breakfast: Overnight oats with almond butter + fruit

- Snack: Hummus + carrots / boiled eggs / Greek yogurt + honey

# Step 3: Prep in Batches

Meal Prep Flow (1–2 hours max):

1. Start your oven – roast veggies and bake proteins.

2. Cook your carbs on the stovetop or rice cooker.

3. Wash and portion fruits/snacks while everything cooks.

4. Use containers to create “mix & match” meals.

# Step 4: Portion With Purpose

- Use divided containers for balance: ½ veggies, ¼ protein, ¼ carb.

- Store grab-and-go snacks for the week in clear bags or jars.

- Freeze extra meals if needed.

# Nourish Your Spirit Too

Print or place a sticky note with a weekly scripture on your fridge or lunch bag.

This week’s verse: “So whether you eat or drink or whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31

# Bonus Checklist: Meal Prep Must-Haves

✔ Glass or BPA-free containers

✔ Good knives + cutting board

✔ Olive oil, sea salt, garlic, lemon juice (go-to seasonings)

✔ Grocery list (and stick to it)

✔ Worship music or a podcast while you prep!