Preparing and Planning

How do you define success? In order to succeed one must plan and prepare to succeed. Planning and preparing are the two keys to success. Whether you find success to be in your family, occupation, relationships, your wealth, health, or happiness; one must plan and prepare in advance to truly execute upon goals set forth.

 Living a healthy lifestyle has many benefits. In order to have those benefits flourish within one’s body, nutrition must remain wholesome and pure. But wait, what is a healthy lifestyle? A Healthy Lifestyle requires 3 simple things: Proper nutrition, adequate sleep, and daily physical activity.

Meal preparation enables us to plan our diet in advance so when life strikes we are prepared to overcome daily dietary obstacles. Daily Dietary Obstacles can be anything the world throws at you that you did not foresee coming. For example, you PLANNED on waking up at 6:00 am, getting a workout in, eating breakfast, and making it too work 15 minutes early; BUT you CHOSE to press “SNOOZE” and are now going to be 15 minutes late. You may not be able to workout today but if you “meal prepped” then at least your nutrition will stay aligned with your lifestyle and goals.

A Healthy Lifestyle includes eating foods that fuel your body for optimal performance. Try to choose foods that are REAL. If your food can sit on a shelf for months is it really real food? Real food expires. Meat spoils. Produce expires. Fruits rot. Dairy curdles. Pop Tarts not so fresh after months? Toss them in the toaster, they’ll be fine. You can’t rejuvenate expired REAL food with a toaster or microwave. Real food takes time to prepare but is always worth the wait. Try to choose quality over quantity. You only get one home, and that’s your body. If you don’t take care of your body now you will have no place to call home. Meal preparation will enable you to conveniently have healthy meals ready to eat instead of CHOOSING the Fast Food route.

What do I cook? Think of the 3 macronutrients: proteins, fats, and carbohydrates. Try to pick one food from each category. Do not always eat the same foods, you must expand your horizons and be creative while you choose to create a new lifestyle. You must PROGRESS THE PALLET. The food you eat has a direct impact on how you feel and function so choose creative healthy foods. For example, chicken thighs and sautéed green beans. The chicken thighs are the protein, the fat is the butter or oil used to cook the food, and the carbohydrates are the green beans. For a second meal, you could try ground beef, rice, and broccoli. Beef is the protein, the rice is the complex carbohydrate and the vegetables are the simple carbohydrates. This second meal would be a great midday choice. Plenty of energy and nourishment to fuel your body until you need to be refilled. If you don’t cook ahead of time you will struggle to find food to cook or eat in a timely manner and an unhealthy choice could be around the corner. Meal preparation prevents that unhealthy choice from taking control of your lifestyle. Meal prep will create a new lifestyle for you. It will make you feel accomplished and full of potential.

Here are 4 tips to help you meal prep:

1. Plan what food you want to eat for the next 2-3 days. It is helpful to make a menu for each meal time. (Make sure to fill each macronutrient category each meal)
2. Organize the kitchen and begin cooking your meals. Organization is the key to efficiency. (You will have to reheat the meals so do not overcook the food!)
3. Depending on your daily tasks, pick which meal synchronizes best with your goals. (Remember: little snacks like fruits or protein shakes are great in between meals to curb hunger and cravings)
4. Do Not Over Reheat: Your meals are already cooked they just need to be warmed thoroughly.

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