

THE ULTIMATE BEGINNERS GUIDE TO QUICK & HEALTHY MEAL PREP



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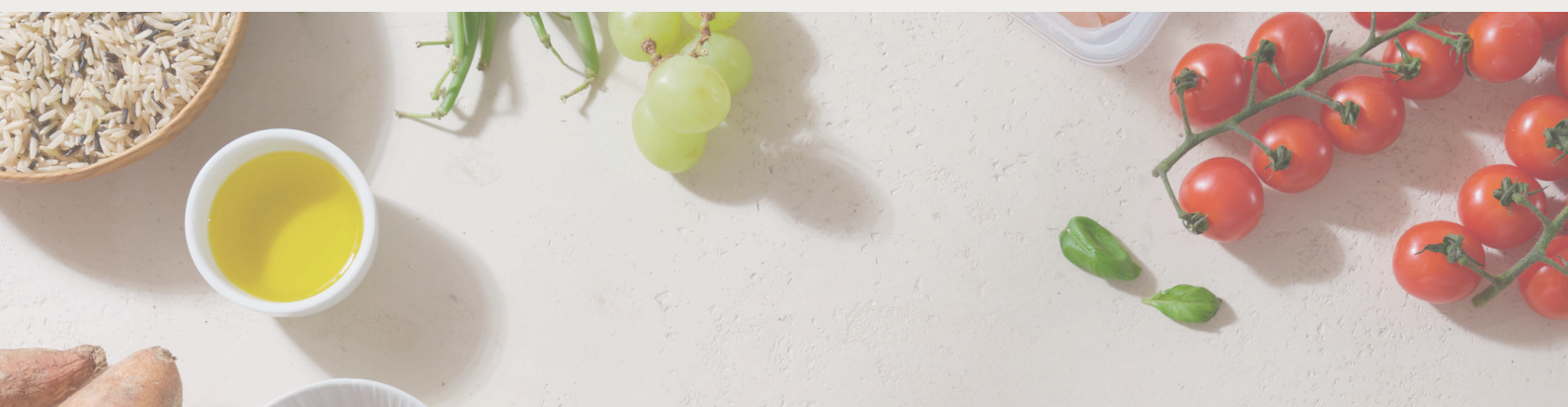
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WELCOME

Welcome to the Beginner's Meal Prep Guide! Get ready to save time, eat healthier, and enjoy delicious meals. I'll provide you with essential tips, and step-by-step guidance to make meal prepping a breeze. Let's embark on this journey together and discover the joys of convenient and nutritious eating.

xo Jeannette



WHAT IS MEAL PREP?

Meal prep, short for meal preparation, is the practice of planning and preparing meals in advance. It involves cooking, portioning, and packaging meals ahead of time, usually for multiple days, to be enjoyed later.

Meal prepping helps save time, reduce stress, and promote healthier eating habits by ensuring that nutritious meals are readily available when needed. It typically involves selecting recipes, grocery shopping, cooking large batches of food, and storing them in portioned containers for easy reheating or assembling later.

Whether it's packing lunches for work, preparing dinners for busy evenings, or having healthy snacks on hand, meal prep can be customized to fit your individual needs and dietary preferences.



1.

CREATE A SCHEDULE



In our fast-paced lives, effective food prep requires careful planning and scheduling. To ensure your meal prep success, it's crucial to determine the ideal time and day for your preparation and cooking sessions.

First, consider how much time you can allocate. If you aim to create fresh meals without freezing, it is recommended to set aside at least two hours, twice per week. This allows you to prepare and cook your meals in manageable batches, ensuring optimal freshness and flavor.

Alternatively, if you prefer to freeze your meals for later consumption, a weekly meal prep session should suffice. This approach streamlines your efforts, as you can focus on preparing larger quantities of food in a single session, saving you time throughout the week.

When creating your schedule, consider the type of meal prep method that aligns with your goals and daily routine. Are you planning to prepare complete recipes, batch cook individual ingredients in bulk, or simply pre-cut ingredients to streamline the cooking process? Choose the approach that best suits your preferences and lifestyle.

By developing a well-thought-out meal prep schedule, you'll empower yourself to effortlessly maintain healthy eating habits amidst your busy schedule. So, let's dive in and discover how to make the most of your meal prep time!

2.

PLAN YOUR MEALS



Before you embark on your grocery shopping journey, careful meal planning is essential to keep you on track and ensure a seamless meal prep experience. If this feels overwhelming, take advantage of my [virtual Pantry Revamp service](#) to receive a list of groceries right to your inbox! I can accommodate any preferences or restrictions you may have.

Take the time to strategize and consider your upcoming week to determine the number of breakfasts, lunches, and dinners you'll need.

As you plan your meals, aim for a balance between nutrition and efficiency. You want your meals to be nutrient-dense, packed with wholesome ingredients, while also being mindful of the time they require to prepare.

If you're new to meal prep, it's best to start with simplicity. There's no need to overwhelm yourself by attempting to do everything at once. Begin by prepping for one meal per week and gradually add in breakfast, dinner, or snacks as you gain confidence and familiarity with the process. Consider the number of people you're feeding and your budget, as this will help guide your choices towards nutritious, whole foods that fit your needs.

To inspire your meal ideas, refer to my comprehensive macronutrient food list available in this ebook. This resource will provide you with a wealth of options to create well-rounded meals that nourish your body and taste delicious too!

With effective meal planning and a diverse range of meal ideas at your fingertips, you're well on your way to mastering the art of meal prep and enjoying the benefits of a streamlined and health-conscious lifestyle.

3.

CREATE A SHOPPING LIST



Regardless of your chosen meal prep approach, creating a well-organized grocery list before heading to the store is a crucial step. To streamline your shopping experience and ensure you have everything you need, consider breaking down your list by meal or recipe.

If the task seems overwhelming, fear not! If you're using complete recipes, refer to the ingredient list provided. This ensures that you gather all the necessary items specific to each recipe. Alternatively, you can build your grocery list by stocking up on versatile pantry staples such as oils, spices, nuts, herbs, and condiments. These essentials form the foundation of countless delicious meals and add flavor and variety to your dishes.

Simplifying your grocery shopping routine can save you valuable time. Consider limiting your shopping trips to once per week, establishing a set schedule that aligns with your meal prep routine. This way, you can consolidate your shopping tasks and reduce the frequency of store visits.

Alternatively, take advantage of the convenience of delivery services. Ordering groceries online allows you to browse and select items from the comfort of your home, saving you even more time. Explore the options available in your area and find a reliable delivery service that suits your needs. I personally use Kroger Boost and have been very happy with it!

By mastering the art of grocery shopping for meal prep, you'll optimize your time, reduce stress, and ensure you have all the necessary ingredients at your fingertips. Or book my services [here](#), and I'll do it for you!

4.

UTILIZE ALL COOKING UTENSILS



Similar to grocery shopping, efficient food prep is essential to save valuable time and make the most of your options. One of the most valuable lessons learned is the power of multitasking and utilizing every gadget and utensil in the kitchen. These techniques will revolutionize your meal prep experience and save you more time than you can imagine.

Let's take a look at an example meal prep session:

- Grilled Chicken: Cook for 25 minutes in the Airfryer.
- Wild Rice: Prepare in the Instant Pot for 20 minutes.
- Grilled Vegetables: Roast in the oven for 25 minutes.

While these are cooking, you can simultaneously work on:

- Lean Ground Beef: Cook for 20 minutes on the stove in a pan.
- Steamed Broccoli: Steam for 15 minutes on the stove in a pot or steamer.
- Sweet Potato: Roast in the oven with the grilled vegetables for 30 minutes.

By strategically multitasking and utilizing different cooking methods, you can efficiently prepare multiple components of your meal at once. With this approach, you'll be amazed at how quickly you can whip up two complete meals in approximately 30-40 minutes.

Imagine the time and effort saved by streamlining your meal prep process using these time-saving techniques. Get ready to unlock a new level of efficiency in the kitchen and enjoy the benefits of having nutritious, delicious meals at your fingertips in no time!

5.

COOK AND STORE THE MEALS



If you've taken advantage of my in-home or virtual Pantry Revamp service, you now have a kitchen that's fully stocked with high-quality foods. Now it's time to transform your fresh ingredients into mouthwatering meals that will nourish you throughout the week. Isn't that a wonderful feeling?!

As you embark on this culinary journey, remember that developing skills comes with practice, and each attempt brings you closer to perfecting meal prep your way.

To streamline your cooking process, start with the most challenging or time-consuming recipe first. Tackling these recipes while you're fresh and energized ensures you can devote the necessary attention and effort to create delicious results. As you progress through the recipes, you'll find your rhythm and feel more confident in your cooking abilities.

While bulk cooking or preparing multiple meals, it's crucial to allow time for cleaning up the kitchen and taking breaks when needed. Clearing away clutter and maintaining cleanliness during the cooking process will help you stay organized and prevent overwhelming messes. Additionally, taking short breaks can help rejuvenate your mind and body, ensuring that you remain focused and efficient.

Undoubtedly, you'll encounter some mess along the way — pots and pans, utensils, and various ingredients scattered about. However, rest assured that the time and mess you save yourself on a daily basis with meal prep make it all worthwhile. The convenience of having ready-to-eat meals at your disposal, the reduction in daily cooking time, and the joy of savoring delicious homemade dishes make any temporary chaos fade into insignificance.

With each cooking session, you'll become more adept at navigating the kitchen, honing your culinary skills, and finding joy in the process. Remember, practice makes perfect, and as you continue on your meal prep journey, you'll discover newfound confidence and efficiency.

6.

BONUS TIPS.



When it comes to meal prep, selecting the right storage containers is key to maintaining freshness and maximizing convenience. Here are some recommendations to ensure your ingredients and meals stay fresh and delicious throughout the week:

1.Airtight containers for ready-to-cook ingredients:

Opt for washable, reusable silicone baggies or stainless steel containers. These options effectively seal in freshness, keeping your ingredients crisp and ready to use when it's time to cook.

2.BPA-free microwavable containers:

Prioritize your health and convenience by choosing BPA-free containers that are safe for use in the microwave. Consider options like Pyrex glassware or collapsible silicone containers, which are durable and easy to clean.

3.Leak-proof, compartmentalized containers:

Ideal for lunches or meals that require last-minute mixing, leak-proof and compartmentalized containers offer convenience and organization. Bento lunch boxes are a fantastic example of this type of container, allowing you to keep different ingredients separate until you're ready to enjoy your meal.

Shelf Life Recommendations

To help you plan your meal prep schedule effectively, here are some general guidelines for the shelf life of cooked food when stored in the refrigerator and not frozen:

- 1.Cooked Meats: 3-5 Days
- 2.Cooked Fish: 2-3 Days
- 3.Cooked Root Vegetables: Up to 1 week
- 4.Cooked Non-Starchy Vegetables: 5-6 days
- 5.Boiled Eggs: 3-4 days

Remember, these are approximate time frames, and it's essential to use your judgment and sensory evaluation to determine the freshness and safety of your stored food. By choosing the right storage containers and being mindful of the shelf life of various ingredients, you can confidently plan and execute your meal prep routine, ensuring that your meals remain delicious and safe to consume throughout the week.

RESOURCES



MACRONUTRIENT FOOD LIST

The key to food prep is having a good balance of all three macronutrients.

PROTEIN

Chicken Breast
Chicken Thigh
Ground Beef
Ground Turkey
White Fish
Salmon
Steak
Shrimp

Ahi Tuna
Eggs
Egg Whites
Lamb Chops
Lamb Shoulder
Pork

Protein Powder
Canned Tuna
Turkey Bacon
Cottage Cheese
Greek Yogurt

CARBOHYDRATES

Vegetable/Fruit:

Peppers
Cucumber
Tomato
Mushrooms
Pumpkin
Sweet Potato
Brussel Sprouts

Green Beans
Squash
Lettuce
Asparagus
Cauliflower
Broccoli
Potato

Apples
Strawberries
Banana
Pear
Pineapple
Mango
Kiwi

Quinoa
Beans
Wild Rice
Steel Cut Oats
Ezekiel Bread
Lentils
Pasta

FATS

Coconut Milk
Almond Milk
Avocado
Olives
Nut Butter
Egg Yolks
Bacon
Coconut

Almonds
Walnuts
Pecans
Brazil Nut
Hemp Seeds
Chia Seeds
Pumpkin Seeds
Flaxseeds

Cheese
Avocado Oil
Coconut Oil
Flaxseed Oil
Hemp Oil

WEEKLY MEAL PLANNER

WEEK:

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

GROCERY LIST

DATE:



MEAT & POULTRY

1	
2	
3	
4	
5	



FRUIT & VEGETABLES

1	
2	
3	
4	
5	



CANNED GOODS

1	
2	
3	
4	
5	



FISH

1	
2	
3	
4	
5	



SNACKS

1	
2	
3	
4	
5	



FROZEN FOODS

1	
2	
3	
4	
5	



DAIRY & DELI

1	
2	
3	
4	
5	



OTHER

1	
2	
3	
4	
5	



THANK YOU

Thank you so much for taking the time to read my ebook! Your support means the world to me, and I hope you found it valuable and enriching. Happy meal prepping!





Questions?

WWW.JEANETTEDANIELLEWELLNESS.COM

WWW.PANTRYREVAMP.COM