

MEAL PREP

PLAN YOUR WEEK, FUEL YOUR BODY



TIPS FOR SUCCESS

- Start small: Prep a few meals or just lunches.
- Use leftovers: Turn dinner into next-day lunch.
- Batch cook staples: Rice, grains, proteins.
- Pre-chop produce: For quick meals and snacks.
- Label meals: Include date and contents.
- Portion control: Use single-serving containers.
- Mix & match: Reuse ingredients in different meals.
- Prep sauces/dressings: Add flavor easily.
- Keep a grocery list: Always have essentials.
- Set a prep day: 1–2 hours weekly
- Portioned snacks: Nuts, fruit, cut veggies.
- Simplify recipes: Fewer ingredients, less stress.



WHAT DO WE MEAN BY MEAL PREP?

Meal prepping means preparing your meals or ingredients in advance so that you can eat healthy, balanced meals throughout the week with less stress and effort.

In practice, it can involve:

- Batch cooking proteins, grains, or vegetables ahead of time.
- Chopping and storing ingredients so meals are quick to assemble.
- Portioning meals into containers for grab-and-go lunches or dinners.
- Planning your weekly menu to ensure balanced nutrition.

Essentially, meal prepping is about saving time, staying organized, and making healthier choices easier.

STEPS TO PLAN A BALANCED MEAL

1. Assess Your Week

- Check your schedule for busy days, events, and workouts.
- Decide which meals you'll prep in advance: breakfast, lunch, dinner, or snacks.

2. Choose Balanced Meals

Each meal should include:

- Protein: chicken, fish, eggs, beans, tofu
- Healthy fats: avocado, nuts, olive oil
- Complex carbs: brown rice, quinoa, oats, whole-grain bread
- Vegetables & fruits: aim for a variety of colors for nutrients
- Flavor & herbs: spices, herbs, citrus for taste without extra calories

3. Make a Grocery List

- Plan recipes for the week and list all ingredients.
- Organize by category: produce, protein, grains, dairy, pantry staples.

4. Prep Ingredients in Advance

- Wash, chop, and store vegetables.
- Cook proteins and grains in batches.
- Portion snacks like nuts, fruits, or yogurt.

5. Store Meals Properly

- Use airtight containers for freshness.
- Label meals with dates to track freshness.
- Refrigerate meals for 3–4 days; freeze extras for later.

6. Mix & Match

- Rotate ingredients to avoid boredom (e.g., chicken one day, beans the next).
- Add sauces, spices, or dressings at the time of serving to keep meals fresh.

Start small—prep just one or two meals or snacks each week, then gradually build up as it becomes a habit.