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For Naturopathic Medicine & Functional Nutrition

Meal Prep Guide for Weight Management

Meal prepping helps you stay consistent with healthy eating by reducing the effort needed during the week. It saves time, keeps you on track, and reduces stress. This guide will take you through 6 tips for meal prepping to help you maintain your long-term healthy habits and meet your weight management goals.

1 Plan Your Meals in Advance

You'll need to set aside time each week to plan meals your meals in advance which can be helpful. Planning ahead helps by:

- **Reducing last-minute decisions**: Having a plan helps you avoid unhealthy, fast food choices.
- **Organizing your shopping**: Knowing what you'll eat makes grocery shopping easier and quicker.



Create a simple meal plan at the beginning of the week to stay organized and make healthy choices.

2 Batch Cook

Batch cooking has some great benefits! While it does help to have enough fridge or freezer space batch cooking allows you to things up keeping meals exciting.
Batch cooking:

- **Saves time**: Cook once, eat multiple times. Batch cooking means you prepare several meals at once.
- **Less stress during the week**: Just reheat and eat!



Cook large batches of food like soup, pasta, or grilled chicken, and store them for quick meals throughout the week.

3 Prep Snacks in Advance

Prepping snacks upfront is well worth it! It makes healthy choices more convenient, saves time during busy moments, and helps you stay on track with your nutrition goals. Prepping snacks in advance helps by:

- **Preventing unhealthy snacking:** Having healthy snacks ready helps you avoid reaching for chips or candy.
- **Creating portable snacks**: Pre-prepped snacks are easy to grab and go.



Prepare healthy snacks like fruits, nuts, or boiled eggs ahead of time for easy, quick grabs when you're hungry.

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4 Use Portion Control

Using portion-control containers requires storage space (you'll need to have enough containers and space in your fridge), but they can be quite useful. Using portion-control containers:

- **Helps with portion control**: Divided containers make it easy to keep portions balanced and helps to make sure you're getting enough of what you need most.
- **Prevents overeating**: You can visually see how much you're eating, helping to avoid larger portions.



Use these containers to divide meals into appropriate servings of protein, carbs, and veggies.

5 Label & Date Your Meals

Labeling and dating meals helps you keep track of freshness plus it makes meal planning easier by ensuring you eat foods in the right order before they spoil. It also:

- **Prevents food waste**: You'll know exactly when meals were made, helping you eat them before they spoil.
- **Organized fridge:** Labels keep your fridge organized so you know what's ready to eat.

6 Mix it Up for Variety

Preparing a variety of meals may take a little extra time, but it comes with valuable benefits. It helps you enjoy different nutrients, stay organized, and make mealtime more enjoyable throughout the week. Other benefits include:

- **Prevents boredom**: Eating a variety of meals keeps things interesting and prevents you from getting tired of the same food.
- **Nutritionally balanced:** Mixing up your meals ensures you're getting different nutrients from different food sources.
- Organized fridge: Labels keep your fridge organized so you know what's ready to eat.



Cook a variety of meals to keep mealtime exciting, get a variety of nutrients and to stay motivated.