

The image shows a top-down view of meal prep containers on an orange textured surface. Two clear plastic containers are visible. The left container is divided into sections containing sliced pineapple, fried chicken nuggets, a chocolate bar, corn puffs, and various gummy candies. The right container is also divided, containing a hard-boiled egg cut in half, cherry tomatoes, a green lime, a portion of red grapes, and small breadsticks. In the background, there is a wooden box filled with chopsticks, a pair of chopsticks lying on the surface, and a small stainless steel thermos.

THE SIMPLE MEAL PREP SYSTEM

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Want a Nutrition Plan Built Just for You?

Introduction & Core Message

Welcome to THE SIMPLE MEAL PREP SYSTEM—a proven, flexible system designed for people who want to take control of their nutrition and stop relying on takeout. If you’ve ever wondered why you can stick to your plan for a few days, yet things fall apart as the week goes on, the answer isn’t that you lack willpower. The secret is having a SYSTEM—not recipes, not skills, but a workflow that fits your life and makes healthy eating automatic.

Our core philosophy: You don’t need to be a chef. You need a system. By following this guide step-by-step, you’ll learn how to prepare, pack, weigh, and store your foods using exactly the portions prescribed by your nutrition coach. This ebook is not about cute recipes or random “healthy” hacks—it’s about repeatable actions and rock-solid routines. Use it alongside your personal plan, and you’ll see how simple, efficient meal prep creates measurable results over time.



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You don't need to be a chef. You need a system.

John Franco

Who This Guide Is For & How to Use It

This system is made for busy professionals, parents, athletes, and anyone using a prescribed nutrition plan. Whether you're new to meal prep or coming back after a setback, these pages will help you organize food, save time, and hit your goals—without extra stress. Every method here reinforces YOUR coach's protein, carbohydrate, fat, and vegetable recommendations. No generic calorie numbers or meal plans are included. You'll find visual workflows, checklists, and practical tools to simplify your process from shopping to storing. Keep this guide handy for reference, and revisit sections as needed to troubleshoot obstacles, refresh your workflow, and stay inspired.

Most of all, remember: Use the system, trust your plan, and perfection is never required. Consistency is what counts.

Why Meal Prep Matters

Eating out or grabbing takeout seems easier, but it comes with hidden costs. When you rely on restaurants or fast food, you lose control over essential details: exact portions, cooking oils, added sauces, sodium, calories, and macronutrients. Even “healthy” restaurant meals can vary wildly depending on who prepares them and what substitutions get made.

When you meal prep, you control the ingredients, portions, and preparation method. This creates consistent, measurable data for your nutrition coach to review—and for you to adjust as you progress. Consistency over time is what allows for predictable changes to your body, energy levels, and results. Every time you execute even basic meal prep, you reduce the guesswork and make it easier to stay on plan.

Remember, success isn’t about never eating out—it’s about making the majority of your meals as predictable as possible.



The Pitfalls of Restaurant & Takeout Meals



Unpredictable Macros

It's impossible to know the true nutrient breakdown in restaurant food, even when you ask for the "healthiest" option. Oils, sugars, and hidden ingredients throw off your macros.



Oversized Portions

Restaurants and takeout usually serve much larger portions than needed, making it easy to overeat or misjudge macro targets.



Hidden Ingredients

Extra sauces, sugars, and fats are often added for taste, leaving you with calories and macros that rarely match your plan.

The Power of Consistency

Consistency is the secret multiplier in any fat loss, muscle gain, or health transformation. When you control your food prep and stick to prescribed portions, you create data: repeatable actions and measurable outcomes. Your coach can analyze your progress and make smarter adjustments, because the data isn't being skewed by outside variables.

Each week that you repeat the system, you build a stronger track record. Don't chase perfection—chase successful repetitions. That's how transformation happens.

Decide Before You're Hungry

One of the biggest mindset shifts for success is making decisions BEFORE hunger hits. When you're tired or hungry, it's easy to make impulsive food choices—usually the convenient, less nutritious kind. Your system should eliminate decision fatigue: decide, pack, and prepare your food while your willpower is still high. This is why the evening routine and Sunday/Wednesday prep are so powerful—they put you in control and remove the daily battle over what to eat.

Planning your meals in advance lets you focus your energy on work, family, or training, while knowing your nutrition is handled. That's real food freedom.



Success is not about willpower—it's about reducing decisions. Decide what you'll eat before you're hungry.

Precision Nutrition

The Two-Day Prep System

Simplicity wins every time. Our proven prep system has just two anchor points: SUNDAYS and WEDNESDAYS. You'll prepare most of your week's food on Sunday (enough for 3–4 days), and finish out the week's supply on Wednesday. Each session should take only 45-75 minutes. This frequency keeps food fresh, means you spend less time and energy, and ensures nothing goes to waste.

Batching ingredients and meals will feel awkward at first. Stick with it—the process gets easier and faster each week. The end goal: spend just 1.5 to 2.5 hours total per week and have every meal covered.



Benefits of the Two-Day Prep System



Time Efficient

Prep sessions are short and fit your real schedule. You only need two appointments per week—no daily cooking stress.



Fresher Food

You'll always have meals ready, and nothing sits too long in the fridge. Fewer days between prep means more variety and better taste.



Less Waste

Measuring out 3–4 days at a time prevents buying or cooking more than you need. This saves money and cuts down on unwanted leftovers.

Build Meals From 4 Simple Food Categories

Forget fancy recipes—meals should be built directly from YOUR nutrition plan's prescribed protein, carbohydrate, vegetable, and fat options. Each category offers dozens of options to personalize your prep. Success comes from consistency in your choices and correct measurement, not variety for its own sake.

Here's how it works: select your protein, carb, vegetables, and fat for each meal based on the plan. Use fast, repeatable options during busy weeks and save “creative” meals for weekends or special occasions. Above all, DO NOT guess with calorie-dense items like oil, nuts, and sauces—always measure the specified amount each time.



Choosing and Measuring Your Food Categories

Proteins might include chicken, lean beef, fish, or Greek yogurt. Carbs could be rice, sweet potatoes, or fruit—whatever your coach prescribes. Use pre-washed or frozen vegetables to save time and boost consistency. Fats like olive oil, avocado, or nut butter must be measured exactly as written on your plan.

Here are quick tips to make this process effortless:

- Keep your go-to foods on hand for each category.
- Batch-cook proteins and carbs (e.g., rice cooker, oven, or air fryer).
- Pre-wash and chop vegetables for grab-and-go use.
- Store fats in pre-measured containers or single-serve packets.
- Use your food scale for every calorie-dense ingredient—no guessing or “eyeballing.”

Quick-Choose Foods for Each Category



Proteins

Chicken breast, lean turkey, 93–96% lean beef, fish, eggs/egg whites, Greek yogurt, and protein powder (when prescribed) give you versatile, easy-to-measure results.



Carbs

Rice, potatoes/sweet potatoes, cream of rice, oatmeal, and fresh fruit are excellent, batch-friendly carbohydrate sources. Prepare multiple servings at once.



Vegetables

Use frozen, pre-washed, or bagged vegetables to speed up prep. Bagged salad mixes and pre-cut veggies make it easy to fill your plate with color and fiber.



Fats

Olive oil, avocado, nuts, nut butters, and whole eggs boost flavor and satisfaction, but are calorie-dense, so portion with care and measure every time.

The 60-Minute Meal Prep Workflow

Meal prep doesn't have to take all day. With a repeatable workflow and a bit of practice, you'll find yourself spending less than an hour, start to finish. Here's the recommended breakdown for efficient batch prep:

0–10 MIN: Start cooking rice, preheat oven/air fryer, prep potatoes, season proteins.

10–35 MIN: Cook proteins and potatoes, chop and prepare vegetables as needed, organize containers and your food scale on the counter.

35–50 MIN: Allow cooked food to cool slightly, weigh out the required portions for each container using your digital scale, and assemble complete meals.

50–60 MIN: Label containers if necessary, put items in the fridge or freezer, pack tomorrow's food, and clean up your space.

Staying organized makes each step quicker. Over time, you'll discover your preferred shortcuts and setups.

Tools & Setups for Easy Batching

A streamlined workspace saves you time and hassle during batch cooking. Essential tools include a reliable digital food scale, microwave-safe containers, a rice cooker, and either an oven or air fryer. Many find that having multiples of each (e.g., extra cutting boards, containers, or measuring spoons) allows for smoother workflow—no waiting or dishwashing mid-prep.

Set up your ingredients and gear before you start, and group items by category (proteins, carbs, veggies, fats) to minimize confusion. Keep frequently used spices, sauces, and utensils in a dedicated prep drawer. Consistent prep-day setups mean less stress, fewer mistakes, and faster results every week.



Weigh Food Correctly for Consistent Results

Accurate measurement is the foundation of meaningful progress. Always use a digital scale—not measuring cups or eyeballing. Place your empty container on the scale, press TARE/ZERO to reset, then add your food until you hit the exact prescribed gram amount. Repeat for each category—protein, carb, veg, fat.

IMPORTANT: Always check if your plan specifies RAW or COOKED weights for meats and produce, as cooked foods lose water and change weight. Consistency in this step yields reliable nutrition data for your coach.

Raw vs. Cooked Weights: Why It Matters

Weighing food the wrong way causes tracking errors and slows progress. Here's why: Raw chicken, for example, contains more water than cooked chicken—when weighed after cooking, you'll get less food for the same macro count. Always check your plan's instructions and stick to the same method each time. Never switch between raw and cooked weights mid-week, and use your food scale for all calorie-dense choices. It may seem tedious, but habit makes it easier, and accurate intake speeds results.

Quick Steps to Weigh Your Food Correctly



Step 1: Tare the Scale

Place your empty container or plate on the food scale and press TARE/ZERO to reset it to zero before adding any food.



Step 2: Add and Check

Add your food slowly until you reach your prescribed gram amount. Always double-check plan details for raw/cooked weights.

Set Up for Success: The Night-Before Rule

Preparation doesn't end with meal assembly. The simplest shift for day-to-day success is the Night-Before Rule: each evening, pack all of tomorrow's meals, refrigerate them, and get your work/gym bag ready. This removes morning stress, eliminates last-minute drive-thrus, and means you never have to guess what you'll eat when the day gets busy.

Include a shaker bottle, utensils, ice packs, and know roughly when each meal will be eaten. Build the evening routine into your pre-bed wind-down so it becomes a normal, automated part of your lifestyle. Repeat this rule every night, and missed meals are almost never an issue.



Tomorrow's nutrition is decided tonight.

John Franco

Emergency Food System: Backup Strategies

Even the best systems face curveballs—late meetings, travel, or an unexpected change in plans. The solution? Always keep an approved backup food kit. These backups support your plan and help you stick to the system during life’s busiest moments, but don’t replace your regular meals. Prescribed options include protein powder/shaker bottles, tuna or chicken packets, pre-measured nuts, Greek yogurt (if you have refrigeration), and sturdy fruits like apples or bananas.

Always rotate these items so they stay fresh, and use them purposefully—don’t rely on backups as your main meals. Keep your emergency kit portable by using a small insulated bag or lunch box, extra utensils, and napkins.



Go-To Backup Foods for Busy Days



Protein Powder + Shaker

A quick, portable source of protein for when you're stuck at work or on the road. Only use if prescribed by your coach.



Tuna/Chicken Packets

Pre-portioned and shelf-stable, these require no refrigeration and can be eaten virtually anywhere.



Fruit & Nuts

Fruits like apples, oranges, and bananas (plus pre-measured nuts) are easy to pack, portion, and eat on-the-go for sustained energy.

The Grocery Shopping System & Smart Shortcuts

Your system starts with the right shopping list. Organize your trip by category: proteins, carbs, vegetables, fruit, fats, seasonings, and supplies (storage containers, scale, etc.). First, buy ONLY the foods and quantities prescribed in your plan—no random extras.

Smart shortcuts make life easier: frozen vegetables (no prep needed), bagged salads, pre-sliced carrots, or microwave-ready rice save you time. Buy proteins in bulk and cook ahead. Keep a food scale, containers, and insulated lunch bag on hand. This approach turns grocery shopping into a strategic, stress-free experience.

Time-Saving Grocery Shortcuts



Frozen Vegetables

Pre-cut, pre-washed, and ready to cook. Keep several varieties to keep meal prep quick, colorful, and nutritious.



Microwave-Ready Carbs

Use single-serve or microwave rice/grain packs on busy days. Just check the ingredient list to ensure they're plan-approved.



Bulk Proteins

Buy proteins in bulk, portion, and freeze to save time and money. This makes Sunday and Wednesday prep easy.

Food Safety: Practical Rules

Safe food storage is essential for health and taste. Follow current USDA/FDA guidelines:

- Refrigerate cooked food within 2 hours—within 1 hour if the room is over 90°F (32°C).
- Keep refrigerator at or below 40°F (4°C); freezer at or below 0°F (-18°C).
- Store cooked proteins and grains up to 3–4 days in the fridge. Freeze portions needed for later.
- Reheat food to 165°F (74°C) minimum just before eating.
- When in doubt, throw it out. Never taste food to check if it's safe.



Common Mistakes & How to Avoid Them

Mistakes happen to everyone, but a little awareness helps you sidestep the most common pitfalls:

- Cooking elaborate recipes (instead of batching simple foods)
- Eyeballing portions
- Not measuring oils or calorie-dense add-ons
- Waiting until hungry to decide on meals
- Skipping meal prep because of a busy week
- Bringing no food to work (and buying takeout instead)
- Trying for perfection (and losing consistency)
- Changing foods or quantities without coach approval

Remember that your coach can only help you adjust if you're consistently tracking and measuring actual intakes. Choose consistency every time.

Mindset Shifts for Consistency



Focus on Repetition

Instead of aiming for perfect execution, aim to repeat your system as many times as possible. Progress comes from consistency, not flawless days.



Return After Setbacks

If you miss a meal or go off-plan, reset at the next meal. Don't wait for Monday or the next month. Course-correct immediately for the best long-term results.



**It's not about perfection. It's about effort. And when you
bring that effort every single day, that's where
transformation happens.**

Jillian Michaels

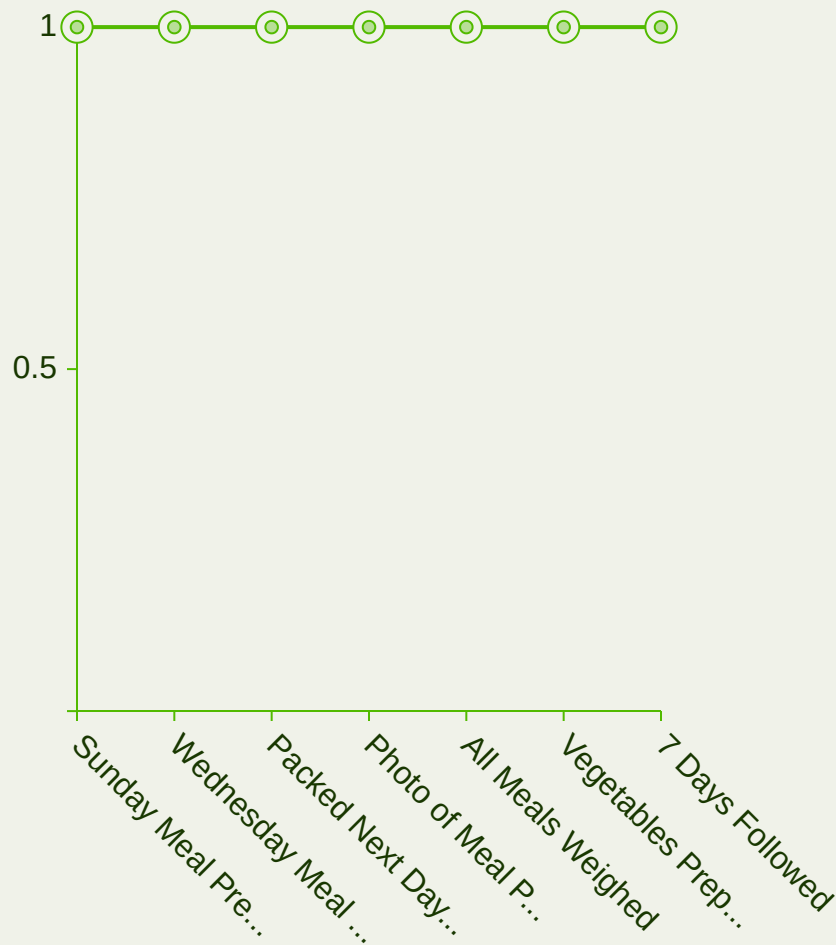
Raising Your Consistency Standard

Your new benchmark for success is how often you repeat this system—not how perfectly you executed a recipe or stuck to the plan for one day. If you miss a meal or make a mistake, return to the next meal as planned. One meal off-plan isn't a lost day or week. Long-term results come from getting back on course, not from guilt. The more frequently you do the right thing, the easier it becomes. Over time, your standard for what's "normal" will rise, meal prep will feel natural, and your results will multiply.



7-Day Meal Prep Challenge

Meal Prep Challenge Progress



Track progress through the 7 main system steps below. Each stage should be checked off daily for a full week to maximize your results!

Checklist: Practice the Full System for Seven Days

Take on the challenge: Print this checklist or keep it visible on your fridge. Each box checked is a win.

- Prep on Sunday and Wednesday
- Grocery shop from your prescribed plan
- Prepare proteins, carbs, and vegetables in batches
- Weigh each portion as directed
- Pack all tomorrow's meals every evening
- Use backup foods only as needed
- Take a photo of your ready-to-go meal prep
- Repeat for seven days, no matter what

Documenting your efforts—especially with photos—keeps you motivated and builds your habit. Celebrate even the small wins!

Final Message & Next Steps

Results don't come from reading meal plans—they come from consistent action. The Simple Meal Prep System collapses nutrition into a repeatable, livable workflow so you don't have to guess, stress, or waste time.

It's not about spending your weekends in the kitchen or searching for perfect recipes. It's about setting up systems that make success easy and automatic. Plan, prep, pack, and repeat. Each executed session is a step closer to your goals.

Ready to take it further? Your nutrition plan should fit YOUR needs and YOUR body. If you want a personalized roadmap—customized macro targets, meal structures, and one-on-one coaching—head to the link below. Combine the Simple Meal Prep System with your customized prescription for the fastest and most sustainable transformation.



Want a Nutrition Plan Built Just for You?

Meal prep gives you the system. The next step is knowing exactly what YOUR body needs. Get your personalized nutrition targets and step-by-step coaching at www.johnfrancofit.com.

Stop guessing. Start transforming.