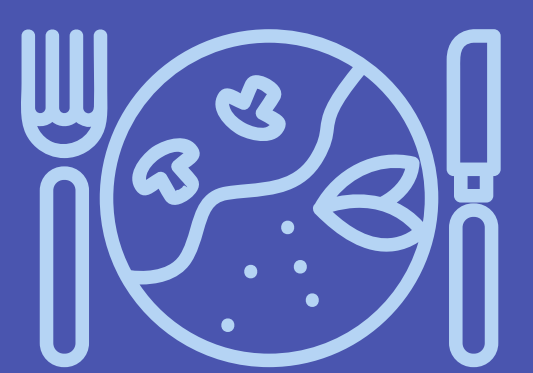




# MEAL PREP BASICS



## WHY CONSIDER MEAL PREPPING?

- Save time by preparing all meals for the week in a span of a few hours
- Save money by buying ingredients in bulk and not eating out as frequently
- Relax more during the week by not thinking about what to make for each meal, three times a day, 5 days a week
- Set yourself up for success by preparing healthy meals for the whole week!

## HOW TO ORGANIZE

1. Choose your recipes and try to include a protein, healthy fat, vegetable and quality carbohydrate source
2. Make sure you have enough Pyrex dishes clean to hold all breakfast, lunch and dinner for the week
3. Plan what you are eating each meal for the week
4. Prepare your grocery list



## EXAMPLE MEAL IDEAS THAT INCLUDE EACH SOURCE

1. Protein
2. Healthy Fat
3. Vegetable
4. Quality Carbohydrate

### Breakfast:

- Egg scramble + feta + spinach + strawberries
- Cottage cheese + pistachios + chia seeds + banana

### Lunch:

- Turkey mozzarella roll up + flax crackers + cashews + apple
- Smoothie - protein powder + avocado + kale + mango + flaxseeds + almond milk

### Dinner:

- Bison burger + asparagus + lima beans + avocado oil chipotle mayo
- Salmon salad on kale + almonds + shaved fennel + butternut squash cubes + olive oil dressing

## ADDITIONAL REMINDERS

1. Make sure you allow enough time to cook all food in the period you are available
2. Strategically plan out your oven time, make sure you don't have food competing to cook in the oven
3. Have a menu planned for the week
4. Cook foods that you know you like and will enjoy :)

