



## **Meal Prep Guide**

**You should strive to create meals that are:**

- 1. Comprised of whole foods**
- 2. Nutrient dense**
- 3. Health promoting**
- 4. Satisfying**
- 5. Sustainable and promote consistency.**

**Factors to consider based on your activity level/life style/goals:**

- **Very active people or athletes** will have a high requirement for carbohydrates than people who are inactive or mostly sedentary.
- **Maintaining lean muscle mass** during a phase of fat loss or building muscle will require a higher protein intake.
- **Largely sedentary or people with a low activity level** should stick to predominantly non-starchy sources of carbohydrates (ie. vegetables).
- **Long periods where you are unable to eat** (ex: long shift workers, doctors, nurses, etc.) people with these types of schedules may benefit from higher fat diets than one higher in carbohydrates.

**How to build plate:**

1. Use plates around 8.5 to 9ins in diameter.
2. Non-starchy vegetables should cover at least half of your plate if not more.
3. Protein should be about the size of your palm (3-4oz).
4. Add fat should be about 2 Tbs worth or the size of your thumb.

**Time saving tips for meal prepping:**

1. Set a day of the week to plan, shop, and cook. (ex: shop Saturday, cook Sunday)
2. Set a timer to keep you on track (shoot to be done in 2-3hrs).
3. Use multiple methods of cooking at one time (stove, oven, slow cooker, InstaPot).
4. Start the dishes that have a longer cook time first then start other prep-intensive dishes like chopping veggies, etc.
5. If you are pressed for time during the week portion out your meals after you prep everything.  
OR store food in large containers and portion out meals each day if you are the type to get bored easily.

*\*You may need to cook twice a week, say Sunday and Thursday, depending on how quick you go through and/or get tired of your meals.\**

Examples of easy to prep dishes: egg frittata, sheet roasted veggies, breakfast egg 'muffins', one pan stir fries, chicken veggies marinara sauce over roasted spaghetti squash, and soups.

## How to plan your week:

1. **Choose 4-5 Protein sources** (2-4 mains, or 1-2 snack options)
2. **Choose at least 4 veggies options**
3. **Choose 2-3 starchy carb options to have around your workouts (if applicable).**
4. **Choose ~3 fat options to add onto meals.**
5. **Check you have condiments/spices for added flavor.**

## Example Menu:

### Protein (4-5):

- Shredded chicken breast
- Turkey meatballs
- Smoked salmon
- Hardboiled eggs
- Deli meat (uncured, nitrate free)

- Shredded raw beet/carrot/red cabbage\* salad (flaxseeds/red wine vinegar/lemon juice)
- Roasted Brussel sprouts/broccoli\*
- Roasted butternut squash
- Sauerkraut\*\*

### Veggies (4-5):

- Salad/tomatoes/cucumber/green onions, etc

*\*Include at least 1-2 cruciferous veggie options per week (Brussel sprouts, broccoli, cabbage, cauliflower, bok choy, kale, collard greens, kohlrabi, etc).*

*\*\*Include Probiotic foods daily: sauerkraut, kombucha, kimchi, coconut/nut based yogurt, yogurt, kefir, coconut kefir, or supplemental form - consult your nutritionist or medical provider for a quality product specific for your needs.*

### Starchy carbs (for around workouts):

- Boiled/baked sweet potato
- Yellow Jasmine rice (with turmeric & gr. pepper for an extra healthy kick)
- green tipped Bananas

### Fats:

- Hummus (has carbs/protein too, great addition to salad instead of dressing)
- Guacamole/avocado slices
- Coconut yogurt
- Sun-dried tomatoes packed in olive oil
- Pesto
- Pine nuts
- Brazil nuts/cashew/pecans/walnuts/sunflower etc
- Avocado oil for cooking
- Coconut oil for cooking

### Condiments for extra flavor:

- Organic Yellow Mustard
- Red wine/Balsamic vinegar
- Herb/spices
- Coconut Aminos (soy sauce replacement)
- Homemade salsa

*\*\*\*Below is an example of some foods to choose from. This is not an all inclusive list.\*\*\**

### Stock your freezer with...

- Extra meals/food from your big meal preps (this can include extra sliced veggies -ex: butternut squash, sweet potatoes, etc).
- Frozen veggies
- Frozen berries

- Beef patties/individual portioned protein ready to go.
- High quality deli meat.
- Soups/left over broth.
- Ground Flaxseed