

Holiday Survival Seminar

Meal prep is meant to simplify your life. Follow these guidelines to make nutrition easy!

List the following:

1. 3-5 veggies you like: _____
2. 1-2 fruits you like: _____
3. 2-3 proteins you like: _____
4. 2-3 healthy fats you like: _____

Step 1: KNOW YOUR SCHEDULE

- Set time aside each week for menu planning, grocery shopping and meal prepping.
 - Be sure to take into account events going on that week.

Step 2: GROCERY SHOPPING

- Stick to the perimeter of the store.
 - Produce – shop for a rainbow of colors and go organic when possible
 - Meat and Eggs – opt for higher quality proteins sources like grass-fed, antibiotic & hormone free
 - Bulk Section – raw, unsalted nuts and whole grains
 - Refrigerator and Freezer – unsweetened and full-fat dairies and non-dairy alternatives, frozen fruits and veggies for convenience
 - Center Aisles – healthy fats and flavoring options
- Always check the label of a product first before putting it in your shopping cart.
 - 5 ingredients or less – can you pronounce or recognize every ingredient listed?
 - No added sugar
 - Follow list of ingredients to say no to and ingredients to

Step 3: MEAL PREP

- Use your hand as portion control
- Make sure you start with the right tools
 - A sharp set of knives, blender, sheet pans and storage are the bare minimum you should start with.
- Be efficient in the kitchen
 - Start with foods that take the longest
 - Batch cook larger amounts
 - Multitask while you're cooking
- Store your foods correctly and be strategic with your organization
 - Produce at eye level so it's the first thing you see
 - Snacks and meals pre-portioned out

Step 4: PLAN BEYOND YOUR MEAL PREP

- Plan ahead for holiday parties: Pre-game with protein, scan the options before loading up on protein & veggies, limit to 1 drink per event & bring foods you know are on-program
- Plan ahead for eating out: Scope out the menu beforehand, choose protein & veggies when possible, & pass on the dessert
- Plan ahead for holiday meals: Prioritize veggies when planning your menu, choose “real food” options, and again load up on turkey and veggies first

All 60day recipes can be found at www.lifetime60day.com/recipes