

How to Shop, Prep & Cook to Lose Weight

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

Step 1: 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
- Avoid marketing ploys designed to get you to purchase food, regardless of whether the food is good for you or not.
 - Avoid end caps and the front of the package (look at the label!) – often have misleading buzzwords and false claims
 - Look high and low – less favorable foods are often placed at eye level

Step 2: 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 by strategic with your organization
 - Produce at eye level so it's the first thing you see
 - Snacks and meals pre-portioned out
 - Glass or stainless steel storage containers
 - Take advantage of the freezer

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