

# How to Meal Prep for Success

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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 BEYON YOUR MEAL PREP

- Make sure your kitchen is stocked with the right tools
- Plan ahead for eating out: Scope out the menu beforehand, choose protein & veggies when possible, & pass on the dessert
- Rethink fast food: Use protein powders for convenience and arm yourself with easy, transportable snacks

All 60day recipes can be found at [www.lifetime60day.com/recipes](http://www.lifetime60day.com/recipes)