

MEAL PREP 101

Feeling lost about how to start your meal prep routine?



Meal Prep 101 is the perfect resource to get you started.

In this eBook, we will address:

- Meal Planning for Body Composition Goals
- Meal Prepping for more than just *you*
- Meal Planning and Grocery Hacks
- Quick and easy recipes for everyday eats

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Meal Prep 101's Outline

Make a plan: Steps to take before you begin

Getting Started: A plan for attack on Meal Prep Days

Tips and Tricks: Meal Prepping Hacks

Meal Prepping for Many

Resources for Meal Prepping: Grocery List, Recipes, and more

So.. why are you here?

Are you starting a new nutrition plan and need guidance on planning meals?

Do you already follow a nutrition regimen, and need a new method of meal planning?

Are you interested in getting into a nutrition regimen, and need more information?

Do you need “hacks” or time savers to streamline your current meal planning madness?

Do you just have NO CLUE as to what to eat, how much to eat, and when to eat it?

Then, this resource is just right for you.

Making it meaningful

By giving your meal planning **purpose** before you even start, especially for the first time, you are re-affirming that this is not a waste of time.

Take a quick second to reflect on why you are making this a priority in your life. Whether your reason is that you want to lose body fat, offer healthy meals for your children or family, or just don't want to waste time researching, chopping, cooking and washing dishes every single time you're ready to eat, remembering your why will keep you on track.

In time, meal prepping, which can seem like a daunting task at first, will become a habit and mindset for how you approach your goals.

★ MAKE. A. PLAN.

***Write down your goals** for meal prepping;
What do you want to accomplish by meal prepping?

***Decide** on the following for the week:



*3-4 **protein sources** (chicken breasts, lean ground beef or turkey, eggs)

*2-3 **healthy carbohydrate sources** (quinoa, sweet potatoes, rice, oats)

*4-5 of your favorite **veggies**

*3-4 **healthy fat sources** (avocados, olive or coconut oil, nut butters, nuts)

***Brainstorm and Reference** simple, quick and easy recipes in the appendix of this eBook

***Identify staple nutritional needs** based on your meal plan, and write a grocery list

***Set an “appointment time(s)” to meal prep** for at least 1-2 hours throughout the week.



This may seem like a time-consuming part, but can save you time and stress later throughout the week when life continues to get busy!

GETTING STARTED

Make **meal prepping** a little more **enjoyable** by turning on your favorite playlist and/or enlisting the help of spouses, friends, or kids! **meal prep party anyone?**

Then... get started:

1. **Gather and organize** ingredients and tools: pans, cutting boards, etc.
2. **Preheat your oven** for roasting veggies, baking sweet potatoes, cooking chicken...
3. **Wash, peel, chop, dice, and slice** all of your fruits and veggies whether they are to be eaten raw as a snack or used in a recipe. This can even be done the day before.
4. **Determine what takes the longest time to cook. Start with that first.**
Are you cooking something in the slow cooker? Get that started before cooking things on the stovetop. Are you baking whole sweet potatoes for 45 minutes? Throw those in so you can focus on other tasks.
5. While that's baking and roasting, **get started on the stovetop preparations that require a little more attention.** Make some hard-boiled eggs for the week (boil a dozen and mark that carton). Prepare some lean ground beef with Latin spices for quick tacos/taco bowl meals. Cook a large batch of white rice.

★ **PIECING IT ALL TOGETHER...**

Once all of your food is prepared, it's time to break out the Tupperware! Reference your meal plan and start putting together balanced meals to take throughout the week.

Meals will be repeated throughout your week, but as you get more comfortable with meal prepping you will learn to arrange foods in different ways so you don't get bored.

To take it a step further for those who are **tracking their macros**, you will want to weigh out your food as well as label the containers with protein, fat, carbs for easy access to eat.



Prep 3 containers of each, which would yield about 6 balanced breakfasts and 12 balanced lunch/dinner options.

Meal 1: 2 pre-cooked chicken sausages with mixed greens, roasted sweet potatoes, and a hard-boiled egg

Meal 2: Buffalo Chicken Stuffed Sweet Potato w/broccoli

Meal 3: Taco Rice Bowl

Meal 4: Chicken Chopped Salad

Meal 5: 3 Sweet Potato Pancakes & 1 chicken sausage w/ mixed greens

Meal 6: Avocado Chicken salad w/ slice of Ezekiel bread (pack bread in a separate Ziploc baggie)

TIPS & TRICKS

“What if I don’t know how to cook or my weekend is booked, and I can barely get to the grocery store, let alone COOK?”

Tip #1: Take advantage of prepared foods

Most grocery stores will have a variety of already prepared or quick heat & eat type foods available. Explore the prepared foods section as well as the freezer section. Be careful to read labels to know what is actually in the package.

Some examples would be pre-cooked grilled chicken breasts, pre-cooked sirloin, already cooked & peeled hard-boiled eggs, turkey burgers, turkey meatballs, frozen grilled veggies.



Check out the Appendix for a more extensive list.



Tip #2: Have a Go-To Meal

Pick one meal that you can easily throw together. When you find yourself in a time crunch just make that **one** meal. This will help you start off the week and then you can squeeze in a meal here and there throughout your week when you have a little more time.



An example of a quick meal could be a stir-fry with a variety of veggies and lean meat that you have on hand. Throw in some spices, a serving of sesame oil, and coconut aminos and you have a quick and delicious meal less than 20 minutes! You can even throw a bag of frozen white rice in the microwave for 3 min to round out the meal. When you make dinner on Monday or Tuesday make a large batch in order to make a few more healthy meals for your week.

Tip #3: Invest in a Slow Cooker

There is nothing more convenient than throwing some ingredients into a slow-cooker and then coming home to a nice warm meal and a house that smells delicious.



A bunch of easy and healthy slow-cooker recipes exist. Take advantage of this during a meal prep session in order to cut hands-on cook time or when you are crunched for time to meal prep. You can throw the ingredients in the crock pot before your weekend event and then throw it in tupperware when you get back. Meal prep done!

Another bonus is that ANYONE can handle throwing ingredients in a pot, so even those of you who don't know how to cook can throw some simple meals together. It's a great place to start. (See *Appendix for CrockPot Dinners*)

Planning and Prepping for More than just Me...

"If only I had to prepare it for myself it'd be easy..."

Quick Tips for Two

- Double the measurements for recipes!
- Cook the "staples" in bulk and store in large containers according to each person's appropriate portions or flavor preferences
- Team up! Utilize four hands instead of two when prepping, chopping, seasoning or washing dishes
- Have fun with the "meal plan process" by surprising one another with a new recipe or a favorite meal
- Create a menu or inventory to post on the refrigerator to stay aware of what's available, and to prevent buying doubles or from letting food go bad

Quick Tips for the Family too

- Re-create store-bought snacks at home. For example, put together your own trail mix using nuts, seeds, dried berries, etc.
- Get the kids involved... they are more likely to eat food that they feel like they had a hand in making and choosing.
- Make a compromise to help convince kids or partners to try new foods that they may be hesitant to try
- Having raw veggies and fruit washed, cut and ready to go makes for quick snacks for everyone! You can even separate them into snack baggies to quickly grab and go
- Make-your-own pizza & "MYO" tacos, fajita nights are a great way to let the whole family customize their dinner with minimal extra effort in the kitchen



APPENDIX

Outline

Preparation Resources

Grocery List Template

Meal Plan Template

Sample Meal Plan

Meal Prep Made a Little Easier: Pre-prepared foods to buy

Local Meal Delivery or Pick Up

GROCERY LIST

Grocers to visit:

Produce

Frozen

Dairy

Meat

Canned/Dry Goods

Snacks/Drinks

Bakery

Condiments/Spices

Misc. Items

MEAL PLAN

Protein:

- 1.
- 2.
- 3.
- 4.
- 5.

Carbs:

- 1.
- 2.
- 3.

Veggies:

- 1.
- 2.
- 3.
- 4.
- 5.

Fat:

- 1.
- 2.
- 3.
- 4.

Meals:

- 1.
- 2.
- 3.
- 4.
- 5.

Snacks:

-
-
-
-
-

SAMPLE MEAL PLAN

Protein:

1. Chicken Breast
2. 90% Ground Beef
3. Eggs
4. Chicken Sausage
5. Canadian bacon

Carbs:

1. Sweet potato
2. Rice
3. Ezekiel bread

Veggies:

1. Zucchini
2. Bell peppers
3. Onions
4. Broccoli
5. Spinach

Fat:

1. Avocado
2. Almonds
3. Olive oil
4. Grassfed butter

Sample Meals:

1. Buffalo chicken stuffed sweet potato: chicken breast, sweet potato, onions, broccoli and grass-fed butter
2. Taco Rice Bowl: seasoned ground beef, white rice, bell pepper, onions, diced avocado
3. Chicken Sausage, hard boiled eggs, sweet potato hash, spinach, onion
4. Chicken Chopped Salad: Chicken breast, hard-boiled eggs, mixed veggies, avocado & slivered almonds
5. Chicken Salad: chicken breast, Ezekiel bread, broccoli, mashed avocado

Snacks:

- Cut raw veggies
- Deli ham/turkey
- Protein Bars
- Nonfat Greek Yogurt

Meal Prep Made a Little Easier

Find these in local grocers near you

Protein

- Canned tuna
- Peeled hard boiled eggs
- Deli meat
- Lox/smoked salmon
- Chicken, tuna, grass-fed beef burgers (frozen)
- Turkey meatballs (frozen)
- Protein bars: Pure Protein, Quest Bar, ONE bars
- Grilled or Rotisserie Chicken
- Beef or turkey jerky

Veggies

- Season & steam Brussel sprouts
- Steamable frozen broccoli
- Salad kits (beware of fatty or sugary dressings)
- Spiralized carrots (frozen)
- Grilled peppers and onions
- Pre-washed and cut greens (spinach, kale)

Healthy Carbs

- Quick-cook or frozen rice or quinoa
- Spiralized or pre-cut sweet potatoes and butternut squash
- Whole grain bread or pita
- Corn tortillas or Low Carb La Bandarita tortillas
- Pre-cut fruit
- Grab & go fruits: apples, bananas, oranges, etc.
- Raisins or dried fruit

Healthy Fats

- Mixed nuts
- Individual packs of guacamole
- Nut butters “to go” in individual containers
- String cheese
- Cottage cheese

Local Meal Delivery or Pick Up Locations

[Ruk2Box](#) -- Order and pick up through CrossFit Des Plaines

[Snap Kitchen](#) -- Chicago, IL (locations throughout)

[Cinderella Paleo](#) -- Arlington Heights, IL (box pick up)

[KettleBell Kitchen](#) -- Order Online & Pick up at a Local Box

HAPPY MEAL PREPPING EVERYBODY!

We hope that you found this resource, Meal Prep 101, helpful in starting or refining your meal planning routine. We created this resources as a means to help others through the process, and to simply try and make living your healthy lifestyle easier for you. It's not easy, but starting is the hardest part. So stop hesitating, and get started on your action plan!

*Should you choose to contact us about nutrition services, please reference the e-mail addresses on our title page. Thank you so much, and we hope to be hearing from you! Cheryl De Guzman and Tricia Dominguez
Special thanks to Scott Pecucci, CrossFit Des Plaines owner, for allowing us to share this with you all!*

