

HOW TO

Maximize Your Meal Prep

10 Tips to get you started in
the kitchen!



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TRANSFORMATION INC

Welcome Meal Prep Newbies!

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Congratulations on taking the steps necessary to become your best self! Deciding to adopt a healthy lifestyle is the best gift you can give yourself and your loved ones.



When it comes to healthy living, diet is the first place you need to start! You owe it to yourself to put your best foot forward and the best way to do this is to plan ahead. It's time to become a meal prep master!

Meal prep is simply the act of preparing one's meals for the week. The main reason we do this is to take the guess work out healthy eating. The goal is to never give yourself the opportunity to make a poor decision. When you cook for yourself ahead of time, you take back the power over your diet.

Meal prep is especially important to those looking to transformation their body and lose weight. By planning ahead you won't leave yourself open to temptation. You will have everything you need to stay true to your goals and become the person you were meant to be!

Always remember, You are capable of amazing things and You are worthy of your wildest dreams!

Until next time friend!

XOXO,

~~Valerie~~

Your Meal Planning Guide

DECIDE YOUR IDEAL EATING SCHEDULE

We've all been told how important it is to have 3 square meals a day, breakfast, lunch and dinner. However, every body is different and it's important explore what works best for you. Think intuitive eating. Understand your body's needs and you will know exactly what to feed it and when. Then plan your meal prep according to what works best for you

MAKE PEACE WITH COOKING.

We seem to live on food from our favorite restaurants. We've gotten used to the convenience and variety of take out options and have largely abandoned our kitchens. However, the best way to have total control of your health and happiness is to learn to cook at home. When you cook at home you have complete power over what goes into your body.

GIVE YOURSELF OPTIONS

You cannot allow yourself to get bored of the foods you cook. This means embracing the plethora of recipes available on the internet for free. Find your favorites and regularly rotate them in your weekly menu. Make 1-2 recipes per meal for the week so you have options.



EMBRACE THE SPICE IN LIFE

The best way to get the most out of your time in the kitchen is embrace the myriad spices available to you. Use this as an opportunity to get creative and bring out your inner gourmet chef. Try changing the spices in the recipes of the dishes that you prepare and explore new tastes and food experiences. When it comes to cooking, spices change everything. The possibilities are endless.

DON'T BE AFRAID OF FROZEN OR CANNED FOODS

When it comes to cooking for the week, you have to embrace frozen and canned food items. Frozen vegetables and canned items such as beans are an amazing alternative to fresh because they are preserved and can last a while. These items are a great options for meeting your nutrient needs at a reasonable price.

Your Meal Planning Guide Cont.

FILL UP ON GREENS

The best way to guarantee your meal plan is the most beneficial is to add greens to every meal. Prepare a salad for lunch or a side of veggies with dinner. You can even add spinach to eggs or smoothies. There is always a way to add veggies to your meals and planning ahead is key.

AVOID REFINED CARBS AND ADDED SUGAR

Things like bread, pasta, and rice only turn to sugar in your body. That excess sugar can cause insulin insensitivity and fat accumulation. It's best to seek out whole, complex sources for carbohydrates to feed your body the best quality fuel to keep you going.

INVEST IN QUALITY STORAGE

Having the right containers for the food you make is really important because you want the food to stay as fresh as possible. It may be beneficial to invest in glass bowls that will preserve the food best. Different sizes will offer you versatility when packing for each day.



CREATE A MEAL PREP ROUTINE

One way to get the most out of meal prepping is to add it to your routine. Decide what day you will do the grocery shopping. (Never go shopping hungry!) Then pick the right day soon after to spend cooking. A few hours in the kitchen on the weekend will result in a week free of food stress and poor decisions.

DON'T FORGET YOUR TREATS

Making a commitment to live a healthy lifestyle does not mean you have to give up your favorite treats. When planning your menu, don't forget to include desserts! With patience you can make healthier versions of your favorites and find recipes that work with your goals. Eating well does not have to be a terrible experience. You are human and you deserve nice things! Plan ahead, be reasonable, and enjoy your life!