



# How To Meal Prep

## Tips For Getting Started

*Lux Fit*



## Introduction

At first when I saw pictures of people posting their meal prep on blogs and Instagram, I was so overwhelmed and intimidated! It seemed like so much work, but now it becomes easier every time I meal prep because I've found a system that works for me to save time and that's convenient.

This is especially great for people who want to limit the amount of time they spend in the kitchen throughout the week! At our place we usually have 1-2 days where we cook a variety of carbs, veggies and proteins that should last us about 3-4 days (it depends on the food as well, some foods don't taste as fresh when left in the fridge for too long). I spend about an hour in the kitchen: washing, chopping, seasoning, cooking and then packing everything into containers to store in the fridge after I've measured out our portions. Our portion sizes can vary depending on our health and fitness goals as well as our workout intensity for that day.

You'll find a system that works the best for you when cooking at home! The best part is you get to decide what ingredients and flavors to use, and it'll save you time throughout the week. You'll figure out what your favorite go to foods and snacks are, these are the ones you will create long term habits out of and you'll be choosing them not only because you know they are good for you but because you've found to enjoy them on a daily basis!



The trick is to plan ahead and write everything down





**The trick is to plan ahead and write everything down!** This will help you remember recipes you've loved and ingredients you used, so that you can use them again OR to toss those ideas out and try new ones!

**If you're new to meal prep:**

- Keep it simple at first and plan to make meals that you struggle with daily, like breakfast or dinner.
- Schedule your meal prep like it's an appointment you can't miss!
- Pick foods you know you already enjoy and that you know are easy to make to start off with.
- Have fun while you're doing it! Watch a cooking show in the background (who knows maybe you'll get inspired!) Or listen to some music and get in the mood!

# Important Steps for Meal Planning



**Plan ahead:** Write down ideas and recipes for 3-5 days at least, especially if you're the type that enjoys a variety of foods every day.

- Breakfast
- Lunch
- Dinner
- Snacks

**Storage:** Make sure you have enough tupperware/containers for your meals and drinks!

- Bottles for shakes or teas
- Containers for meals
- Ziplock bags for snacks like veggies and fruits
- Wetnaps and cutlery

# Make a Grocery List

Divide it into columns; we usually make columns for our macronutrients like proteins, carbs, fats, and a separate list for veggies, fruits and miscellaneous.

## Example

### Proteins

- Chicken Breast
- Ground Turkey
- Shrimp
- Greek Yogurt
- Eggs/Egg Whites

### Fats

- Avocado
- Low Fat Cheese
- Olive Oil
- Almonds
- Peanut Butter

### Carbohydrates

- Quick Oats
- Rice
- Lentils
- Sweet Potatoes
- Quinoa

### Vegetables

- Spinach
- Kale
- Broccoli
- Zucchini
- Peppers

### Fruits

- Berries
- Apples
- Bananas
- Kiwi
- Grapes

### Miscellaneous

- Cashew Milk
- Garlic
- Sriracha
- Cinnamon
- Basil



## Prepare foods that are easier to cook and prepare in bulk first

**Prepare foods that are easier to cook and prepare in bulk first (think of a buffet, but with healthy food choices lol)**

- Cook rice/quinoa/oats in your rice cooker or instant pot.
- Roast sweet potatoes and colorful veggies in the oven, like peppers.
- Bake a big batch of marinated chicken breast.
- Portion your serving of Greek yogurt into several containers.
- Prepare mixed greens like kale, lettuce and spinach into containers.
- Mix together sauces or salad dressings into mini bottles (for example you can make a salad dressing with: 1 tbsp balsamic vinegar, 1 tsp garlic powder, 1 tbsp lemon juice, 1 tsp olive oil and 1 tsp sesame seeds).
- Store your condiments and toppings into little containers (like salsa, sriracha, pumpkin seeds, or olives).

You can plan ahead, package and store most of your meals throughout the week in the fridge so that its easier to grab and go, especially breakfast, lunch and snacks. If you've already cooked and packaged most of your food in bulk and want to change up your breakfast or try something new you can plan the night before and decide what you'll be having the next day.

For example, If you usually have a shake for breakfast but decided to try overnight oats and let's say you've already portioned a serving of Greek yogurt in a container, the night before you can take out your container of Greek yogurt and add to it: a serving of quick oats, a cup of blueberries and an ounce of almonds, leaving it in the fridge overnight so that in the morning it'll be ready for you to indulge in. The night before you can also prepare your lunch: portion out the chicken you've already cooked along with some sweet potatoes, red peppers and a salad. Prepare the dressing you'll be using for your salad. In the morning it'll be ready for you to grab and go.

For Dinner, a time saving go to meal could be "fried rice"- let's say you've already pre-cooked your rice- you can grab  $\frac{1}{2}$  a cup to one cup of cooked rice, add it to a pan that's been coated with a cooking oil spray, add in 1-2 eggs,  $\frac{1}{2}$  a cup to 1 cup egg whites, 1 cup bok choy along with other veggies you enjoy and a serving of protein like shrimp or tofu. We love using seasonings like sriracha and soy sauce (in moderate amounts of course!). Sodium intake can add up pretty quickly, especially with these ingredients. This type of meal cooks up super fast and will be ready in no time! Egg whites and rice are a staple in our home because they're very easy to prepare, and also one of our top choices for lean protein and healthy carbs.



# Our Own Meal Prep Example

## Friday

- Make grocery list and shop for groceries.

## Saturday

- Marinade and season meats.

## Sunday

- Bake pork, chicken, zucchini, sweet potatoes, beets, broccoli and peppers.
- Cook rice in rice cooker.
- Cook ground turkey on stove top.
- Portion out and package Greek yogurt into containers.
- Portion out and package berries into ziplock bags.
- Portion out and package almonds and cashews into mini containers.

## Sunday Night

- Prepare overnight oats (oats, yogurt, blueberries, almonds, cinnamon and stevia).
- Prepare lunches – portion out sweet potatoes, chicken breast, and zucchini.
- Blend post workout smoothie and store it in a bottle in the fridge (cashew milk with chocolate protein powder).
- Fill up water bottle. (We carry around a bottle that fits 8 glasses of water, it helps to remind us to keep sipping throughout the day).

## Monday Morning

- Prepare coffee and enjoy the overnight oats (we always make time to sit and eat our breakfast in the morning!)
- Grab lunch containers, protein shakes, snacks and we're ready for the day!



**Written by Claudia Sandor**

**Email**

[Info@LuxFit.ca](mailto:Info@LuxFit.ca)

**Instagram**

**Lux Fit:** @lux\_fit

**Claudia:** @NotADietButaLifestyle

**Andy:** @IronBody