



Additional Tips for Meal Prep

PROTEINS

Look at your proteins and determine cooking times. Use one pan for each type of protein. If you're flavoring differently use smaller pans. You can use 4 smaller pans as opposed to one baking sheet and make grilled chicken with Italian Seasonings, Montreal Seasonings, Cubano Seasonings, & regular salt and pepper. You can cook all at once but have vastly different flavors.

TIP: Always eat protein FIRST on your plate. Always.

VEGETABLES

Many vegetables can be roasted together on a large baking sheet. Cut up your peppers, onions, sweet potatoes, squash, zucchini or any other similar items that you may use for stir fry mix all together. This saves time and energy! Be sure you know what you need to keep raw, what goes in a recipe, and what can be frozen.

TIP: Always keep a frozen bag of fresh veggies in your freezer to plan for quick emergency meals.

SIDES

When you think of a side dish in a restaurant it's usually a starch or a carb like corn or mashed potatoes. Avoid these entirely until you are in a stable place of portion control. Let your carbs come from vegetables. As you progress you can add quinoa which is a whole protein but is plant based. It also has carbs so your portion has to be correct.

TIP: Look at the portion size for these dishes and cut them in half. The nutritional content guides are based on a 2,000 calorie per day diet and that is not you.

PORTIONS

Do NOT let your portion be your poison! Weigh and measure everything all the time. Too much of anything can be a recipe for disaster - even healthier foods. Purchase an inexpensive food scale and measuring cups. Always meal prep AFTER eating to avoid grazing while preparing food. See where your family can help. This can be a very fun family day when each person has a responsibility.

TIP: Create a meal prep job for smaller children and rotate the responsibilities. Kids will look forward to their "jobs."

TIP: You should always have protein within an hour of waking! It sets your metabolism on fire for the day!