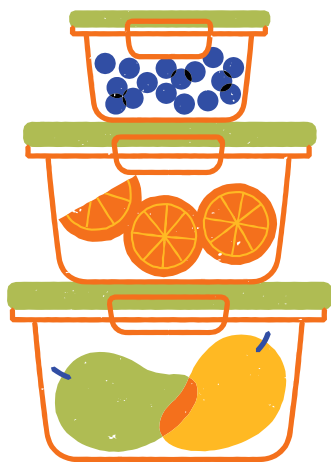


PLANNING FOR SUCCESS

THE
BEGINNER'S
GUIDE
TO MEAL PREP



COACHED BY KELS



contents

04

ONE QUIET
MORNING

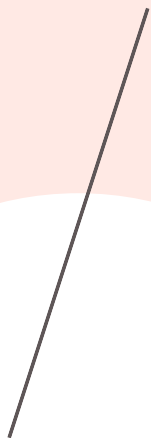
20

DRIFTING
AWAY

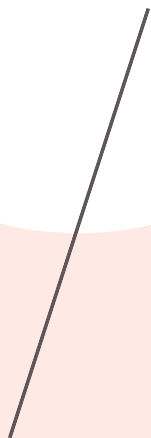
46

BASKING
IN DAYLIGHT

01



C H A P T E R



01

why meal prep?

I will always be an advocate for meal prepping it:

- is convenient
- saves times
- reduces waste
- reduces temptation
- saves money
- allows you to be creative

Don't always feel like cooking? Ever have your plans change last second and now you don't the time? Don't sacrifice your goals because you need to scramble to find food and Mc Donald's is the only place you have time for!

If you have food already made then you don't have to worry about any of that! You already have a meal that fits into your goal.

who should prep?

When I find someone who isn't busy, doesn't have athletic/health goals, or doesn't value their time, THEN I'll find some who prep isn't for!

Everyone can value in some way from meal prep.

This method does mean that you will eat similar food/meals for a few days at a time. So if this is something that doesn't sound fun then you'll have to weigh that against the benefits of what prepping can provide you.



what do I prep?

What can't you prep!? Just kidding some foods definitely store better than others. This is what I've found after years of prep.

Foods that prep well:

- Cooked meat (any and all)
- Roasted vegetables
- Cooked grains/beans
- Raw foods - whole fruits, fresh vegetables, nuts, cheese

Foods that don't prep well:

- Peeled or cut fruits
- Breads - keep separate until ready to eat
- Any foods that you put dressing or sauce on AFTER cooking - keep the sauce separate until you're ready to eat

how do I prep?

Plan ahead - before you even go to the store think about what you're going to make so you don't have to waste time running back and forth!

Devote time - allot the time needed to prepare and cook the meals

Prep according to the number of meals/days you need - need lunches for the week? Make a recipe that can be divided into 5 portions!

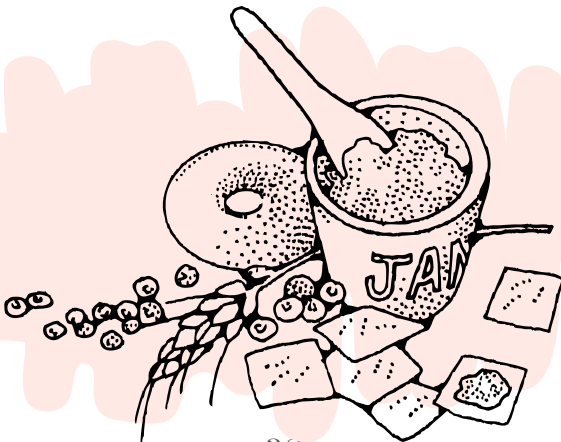


what do I need?

A plan - what do you want to cook? How many servings do you need?

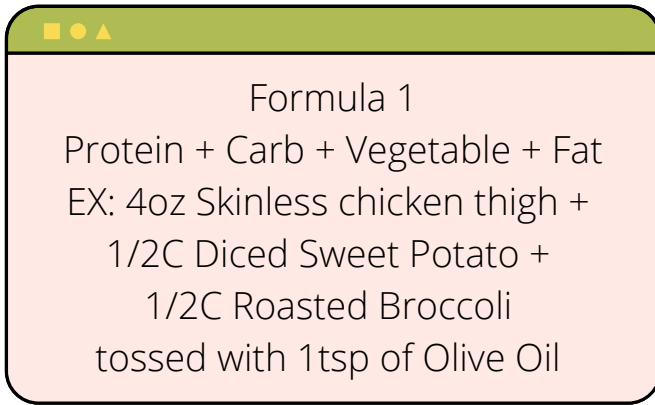
All of the ingredients, time, and tools to prepare the food

Containers- I personally will cook food and keep it in one huge container in the fridge, every morning before I leave the house I portion that days meals into glass containers for that day - I have found that works best and keeps the most amount of fridge space open

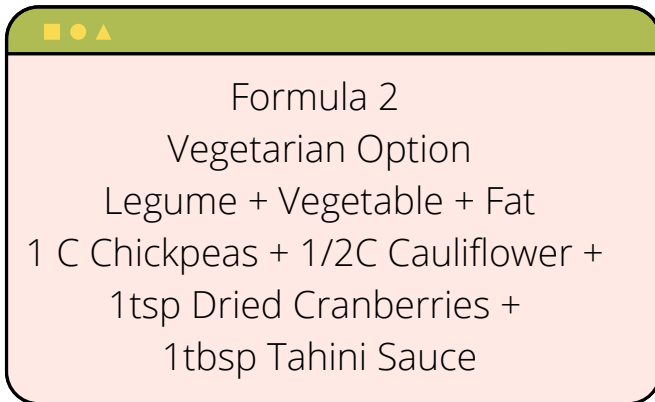


what do I cook?

This depends solely on your nutrition goals!
2 easy formulas you can start with:



This example can even be baked all on ONE pan, making it very convenient and time saving!



This is a tasty option for those who are vegetarian or seek alternative ways to get in protein!

READY?

LETS GET STARTED!

Pick a few recipes - give it a go!
If you need some inspiration you can buy my
cookbook at (INSERT LINK)
a \$25 value for \$12!

