



What Meal Prep Really Means

Meal Prep Isn't Cooking All Day Sunday

Meal prep does NOT mean making every meal for the week.

Meal prep simply means doing a few things ahead of time so meals are easier when you are busy and tired.

Meal prep can mean:

- Cooking extra dinner
- Washing fruit
- Cutting vegetables
- Cooking rice or pasta
- Making hard boiled eggs
- Buying rotisserie chicken
- Packing snacks ahead of time

Meal prep should make life easier, not harder.

Start With Just 2–3 Foods

Start With Just 2–3 Foods Per Week

You do NOT need to prep everything.

Start by prepping just **2–3 foods each week**.

Examples:

- Rotisserie chicken + grapes
- Rice + roasted broccoli
- Hard boiled eggs + apples
- Taco meat + peppers
- Pasta + salad kit
- Yogurt + berries + granola
- Snack boxes for kids
- Trail mix + fruit

Small prep still makes a big difference.

Easy Things to Prep

Easy Foods to Prep for the Week

Proteins

- Rotisserie chicken
- Ground turkey
- Hard boiled eggs
- Meatballs
- Crockpot chicken
- Greek yogurt
- Cottage cheese
- Tuna packets

Carbs

- Rice
- Pasta
- Potatoes
- Tortillas
- Bread
- Oatmeal
- Granola
- Beans

Fruits & Vegetables

- Grapes
- Berries
- Apples
- Cucumbers
- Peppers
- Baby carrots
- Broccoli
- Salad kits
- Spinach
- Cherry tomatoes

Meals You Can Make From Prepped Foods

Turn Prepped Foods Into Easy Meals

Use your prepped foods to make:

- Rice bowls
- Salads
- Wraps
- Tacos
- Pasta
- Sheet pan dinners
- Omelets
- Snack plates
- Lunch boxes
- Stir fry
- Loaded baked potatoes
- Quesadillas

Meal prep ingredients turn into many meals.

Once This Feels Easy, Add More

Build Your Meal Prep Over Time

Start small.

When prepping 2–3 foods feels easy, you can add more.

Try building toward:

- 1 protein
- 1 carb
- 1 vegetable
- 1 fruit
- 1 snack

You do not have to do this right away.

Start small and build over time.

Meal prep is a habit, not a one-time event.

Example Meal Prep Progression

Week 1:

Rotisserie chicken + grapes

Week 2:

Rotisserie chicken + rice + cucumbers

Week 3:

Chicken + rice + roasted broccoli + apples

Week 4:

Chicken + rice + broccoli + apples + hard boiled eggs

Start small → build confidence → add more foods.

Snack Prep Ideas

Easy Snacks to Prep Ahead

Try pairing **protein + carb** for filling snacks:

- Apple + peanut butter
- Cheese + crackers
- Yogurt + granola
- Trail mix
- Banana + almonds
- Hard boiled eggs + fruit
- Cottage cheese + pineapple
- Hummus + crackers
- Turkey + pretzels
- Popcorn + nuts

Having snacks ready prevents skipping meals and overeating later.

Meal Prep Tips for Real Life

Meal Prep Tips for Real Life

- You don't have to prep everything
- Frozen vegetables count
- Bagged salad kits are helpful
- Rotisserie chicken is meal prep
- Leftovers are meal prep
- Washed fruit is meal prep
- Cooking extra dinner is meal prep
- Start with just 2–3 foods
- Done is better than perfect

Remember:

Meal prep is not about being perfect.

Meal prep is about making your week easier.

Start small.

Prep a few foods.

Build over time.

Small changes make a big difference.