MEAL PREP GUIDE

Reach your goals by creating new habits and take actions towards a healthier you! Follow these meal prep tips.

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INTRODUCTION

We're all busy people, but without being prepared we are drastically decreasing our chances of success, whether that is a weight loss goal, a performance goal or simply a health goal.

Not having time to prep our healthy meals means we are more likely to reach for that fast food lunch or convenience store snack.

COMPOUNDS OF A BALANCED MEAL

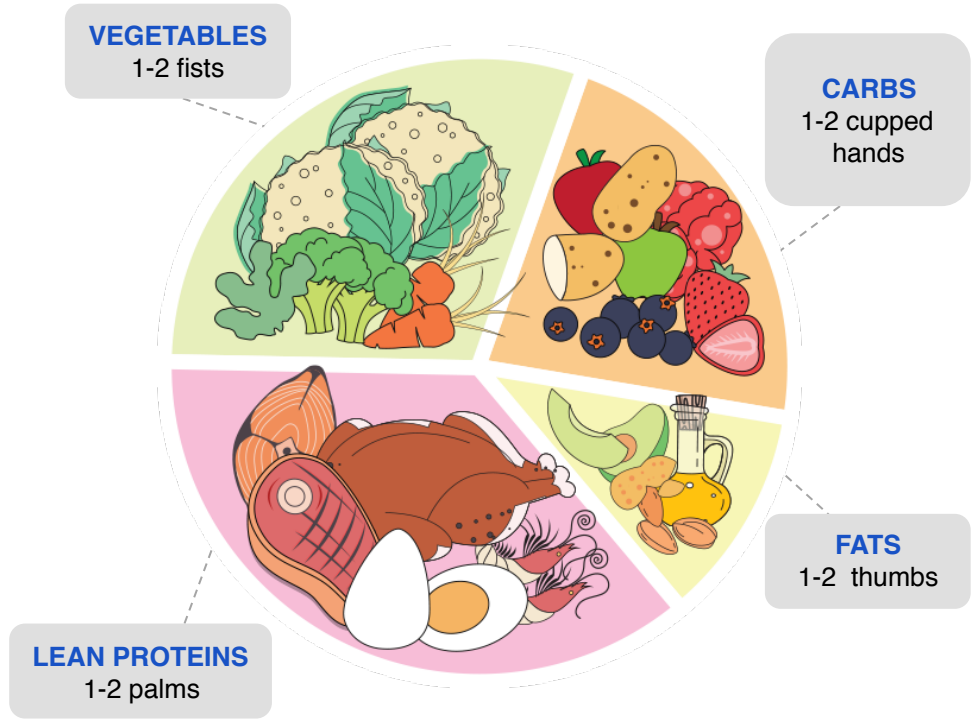
Let's start with what a healthy and balanced meal should look like. Keep in mind all of the components of a balanced meal while planning out your menu and shopping list.

Protein
1-2 palms
Lean animal or plant-based protein.

Vegetables
1-2 fists
Always include a serving of greens and other vegetables.

Carbs
1-2 cupped hands
Whole grain pasta, rice, potato, millet, etc.

Healthy Fats
1-2 thumbs
Nuts, seeds, avocado, plant oils, etc.



MEAL PLANNING TIPS & COOKING TIMELINE

MEAL PLANNING TIPS

1. Plan by looking at the week ahead and decide which days/ meals you will need to prep for.
2. Use the weekly meal planner and shopping list to plan out your meals and shopping for the week ahead.
3. Go grocery shopping with your shopping list, don't buy anything that is not on the list.
4. Cook your meals and prep any other ingredients necessary for the week ahead.
5. Store your prepped meals and ingredients in the fridge until required.

COOKING TIMELINE

1. STARCHES

Start by cooking up your grains like rice or potato. You can use these as a base or add as sides to salads or lighter bites. Allocate at least 20-50 mins for this; cooking time will vary depending on the grain and size of the batch.

2 PROTEIN

In the meantime, you can start preparing your protein. Start marinating your meats, fish or tofu, then either bake, fry or roast. This can take 20-60 mins depending on the protein choice.

3. VEGETABLES

Prep your veggies by cutting, chopping and washing them. Ideally have three containers, first one for chopped veg that you can use for snacks. The second container can be used for finely chopped veg that can be used for sandwiches or salads. The finally the third container can be used for vegetables that will need to be cooked (they can also be swapped for frozen).

4. SNACKS

Now it's time to make some healthy snacks, such as protein bars, energy balls of muffins.

5. CONDIMENTS

If there are any sauces, dressings or dips on your menu, this is the time to make them. You can also buy these, but remember to always check labels for any hidden ingredients. Condiments can add a lot of flavor to your meals, and they're perfect to use with cold or warm dishes.

6. FRUIT

Most fruits like berries or apples don't need to be prepped, but if you have mango or pineapple, you can cut it into pieces and store in a container.

MEAL PREP TIPS

1. Start by cooking meals you are already familiar with.
2. Gather a list of your favorite recipes, ones that are simple and tasty, one's you can make time and time again.
3. Look for recipes that can be batch cooked or easily doubled, so that you can use leftovers for lunches.
4. Look for recipes that ingredients you already have in your cupboard.
5. Keep your meals simple by keeping them up to 4-5 ingredients.
6. Don't keep your prepped meals for longer than 3-4 days.
7. Make sure you have a good selection of reusable containers, preferably microwave and dishwasher safe.
8. When your fruit or veg start to get very ripe, chop them up, freeze and use for smoothies, soups or stews.

RECIPES

Here are 3 healthy and delicious recipe ideas, that are perfect for your weekly meal prep!

GLUTEN FREE
BANANA BREAD

GLUTEN FREE BANANA BREAD

Serves: 12
Prep: 10 mins
Cook: 60-75 mins

Nutrition per serving:
247 kcal
12g Fats
31g Carbs
6g Protein

GF DF

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WHAT YOU NEED

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) coconut palm sugar
- 2-3 tbsp maple syrup
- 3 ½ tsp. baking powder (gluten free)
- ¾ tsp. sea salt
- 1 tsp. ground cinnamon
- ¾ cup (180 ml) unsweetened almond milk
- 1 ¼ cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

WHAT YOU NEED TO DO

Preheat the oven to 350F (180C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 mins, until firm and golden.

Remove from the oven and let cool completely before serving.

SWEET POTATO SPREAD

SWEET POTATO SPREAD

Serves: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
140 kcal
1g Fats
27g Carbs
5g Protein

GF DF V Q

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WHAT YOU NEED

- 14 oz. (400g) sweet potatoes
- ½ red chili pepper
- 5.2 oz. (150g) chickpeas, drained
- 1 tsp. garam masala

WHAT YOU NEED TO DO

Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.

Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.

Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.

CHILLI CON
CARNE

CHILI CON CARNE

Serves: 4
Prep: 15 mins
Cook: 30 mins

Nutrition per serving:
245 kcal
7g Fats
12g Carbs
31g Protein

GF DF LC MP HP

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WHAT YOU NEED

- 1 tsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 chilli's, deseeded and chopped
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. paprika
- pinch cayenne pepper
- 14 oz. (400g) tin chipped tomatoes
- 1 tbsp. tomato puree
- 1 cup (240ml) beef stock
- 1.10lb (500g) lean beef mince (5% fat)
- 7 oz. (200g) canned peas, drained
- chopped parsley, to serve

WHAT YOU NEED TO DO

Heat the coconut oil in a frying pan and cook the onions gently over a low heat for 6-8 minutes, until softened and golden. Add the mince and fry for 5-6 minutes.

Next add the garlic, chilies and all the spices and continue frying, for another 2-3 minutes, stirring occasionally. Add the tomatoes, tomato purée and stock and bring to the boil. Reduce the heat and simmer gently for 15 minutes.

Season with salt and pepper and add the peas. Heat through for about 5 minutes and serve scattered with parsley with a side of rice or a jacket potato.

SHOPPING LIST & MEAL PLANNER

Stay organized with these templates that will help you plan out your weekly meals and groceries in no time!

WEEKLY SHOPPING LIST

VEGETABLES

FRUITS

PROTEIN

CANS & CONDIMENTS

GRAINS & SEEDS

DAIRY & NON-DAIRY

HERBS & SPICES

OTHERS

WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
NOTES	NOTES	NOTES	NOTES	NOTES	NOTES	NOTES