



Weekly Meal Prep Plan

The key is to modify your menu, and menu planning regimen, to your lifestyle. The most important piece, regardless of what you choose, is to pick a day and plan ahead.

The beautiful part about this is that once you have a plan, you can create an accurate grocery list, making shopping quick and easy. It's like having a grocery store treasure map, and you're a hungry pirate on a mission to fuel for success.

Here is my step-by-step guide I personally utilize when planning a weekly meal prep menu.

1. Think about what type of cooking you can commit to.

There are **THREE** levels of meal prep that I've developed. One is not superior to the other. There is no right or wrong level. Choose what works for YOU.

Level 1- This type of meal prep is for the person that has no time to cook, OR for someone that does not know how to navigate the kitchen. The only time they are home is to sleep, and holding a knife is foreign to them. They need something easy peasy lemon squeezy. If this sounds like you, this style of meal prep is right for you.

This includes microwaveable proteins, veggies, and starches, cooked and chilled proteins (chicken, turkey, or deli slices), ready to eat salad kits, and other convenient options.

This style of meal prep can take anywhere from **5-10 minutes** to prepare.

Level 2- This is for the person who has a little more time to meal prep, but doesn't want to spend hours in the kitchen. This person can plan on specific days to meal prep.

This includes sheet pan meals, slow cooker recipes, and other "set it, and forget it" methods of cooking.

This style of meal prep can take anywhere from **30 minutes-1 hour** to fully prep and fully cook.

Level 3- This type of meal prep is for the Chef Ramseys and Rachel Rays of the world. If you enjoy cooking, and don't mind spending a little more time in the kitchen, this style is for you.

This includes active cooking techniques such as grilling, sautéing, roasting, searing, etc. This method requires multi-tasking, where you may be cooking a starch, veggie and protein all at the same time.

This style of meal prep can take anywhere from **30 minutes-1.5 hours** to fully prep and cook.

2. Pick the days of the week you want to meal prep. (click [HERE](#) to see page 1 of our Menu Plan to help with this)

When you sit and plan your week, be sure you also plan for prep days. Choose the days of the week that are least busy, and put in your schedule at specific times...“Meal Prep”.

Treat meal prep like any other appointment. Write it in your schedule and commit to it.

3. Choose your protein, carbohydrate, and vegetables. (Click [HERE](#) to see page 2 of our Menu Plan spreadsheet to help with this)

Monday

Protein- fish

Carbohydrate- rice

Vegetable- asparagus

Thursday

Protein- chicken

Carbohydrate- red potatoes

Vegetable- broccolini

4. Look up recipes.

If you have go-to recipes, great! If you need a little inspiration, search the internet (Google, Pinterest).

Key Pinterest/Google searches:

Healthy Sheet Pan (insert protein, vegetable, carb) recipe

Healthy crock pot recipes

5 ingredient chicken recipe

****Pro tip:** Use a recipe as a guide. Try it once and modify the next time you cook that recipe.

5. Create a grocery list from your menu. [CLICK HERE](#) to view our Grocery List!

Pull up the recipes and develop a list around the ingredients you need. This will save time at the grocery store, prevent wasted product, and will help you stick to your nutrition goals.

Save these grocery lists so when these recipes come up again, you already have the corresponding grocery list.

6. Execute.

Don't be that person that does all this planning, and then doesn't execute. It's a waste of time and resources.