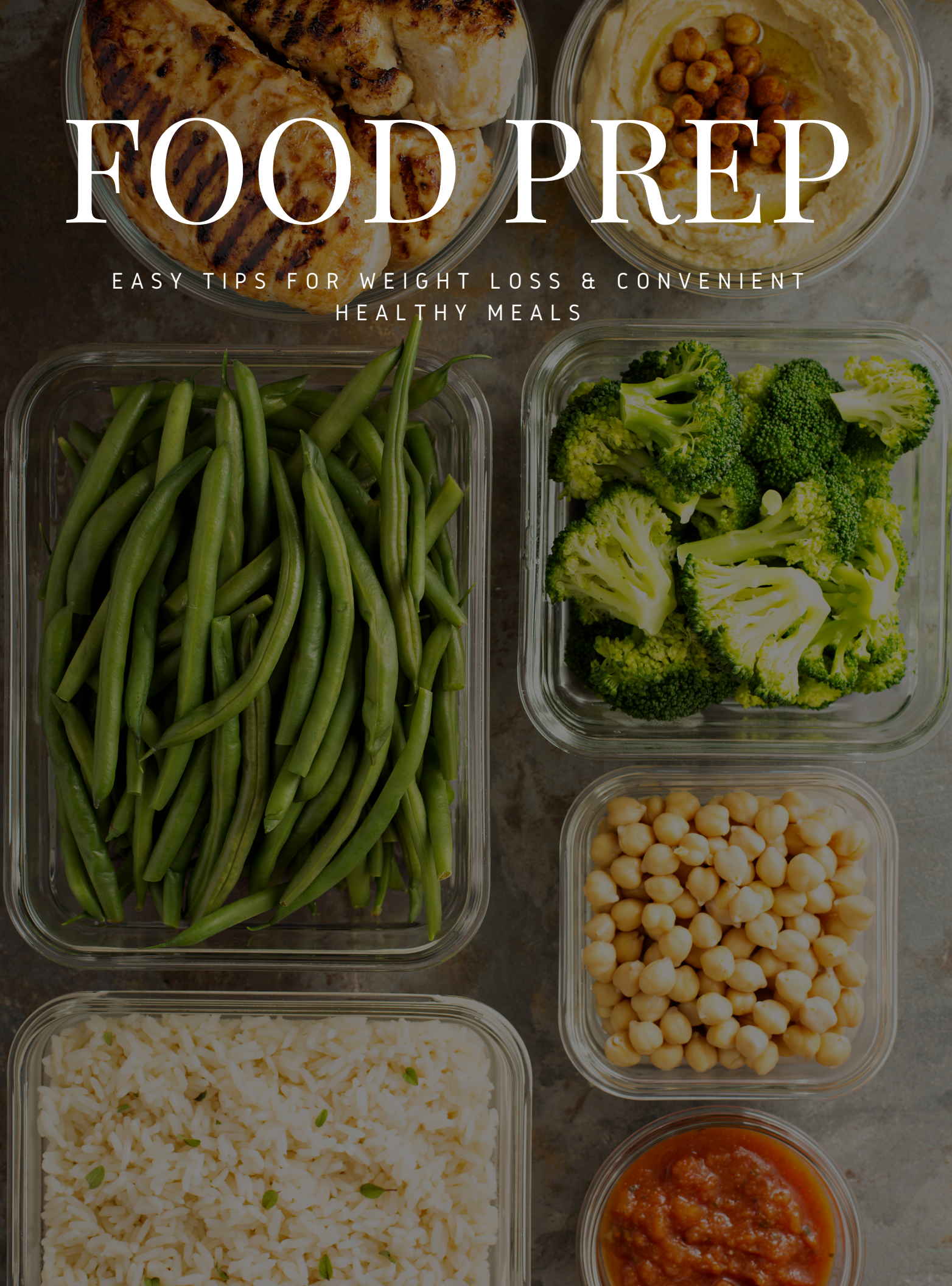


# FOOD PREP

EASY TIPS FOR WEIGHT LOSS & CONVENIENT  
HEALTHY MEALS





## *OH... THE DREADED FOOD PREP!*

**FACT:** MOST PEOPLE  
HATE TO FOOD PREP  
FOR WEIGHT LOSS.

I get it! It used to be my least  
favorite too.

**BUT**, IF I DON'T PREP,  
I AM 80% GUARANTEED  
TO EAT OFF PLAN!

PREPPING FOOD FOR  
THE FAMILY FOR THE  
WEEK ON A SUNDAY IS  
A **GAME CHANGER**.



**\*FAILING TO PREP FOR  
THE WEEK WILL KILL  
YOUR WEIGHT LOSS  
GOALS & COSTS YOU  
IN TIME, \$, PROGRESS!**







# THINK ABOUT IT...

## CONSEQUENCES OF NOT PREPPING

If you don't have food prepared and you get home late from work or kid activities... the last thing you want to do is cook.

Or if you have nothing to bring for lunch... You'll likely end up getting stuck doing the following:

- Ordering out for high \$, low-quality take out
- Settling for something you don't enjoy from your fridge/pantry
- Starving yourself - getting a bit hangry!

I know this routine because I am GUILTY of it.

We are all guilty of it!

But here is the thing... if you block time for food prep...

AND...

Get help in the kitchen (kids, spouse, etc.)...

***It isn't so hard to stay on track  
with your health goals!***







# DECIDE YOUR MENU

KNOW WHAT YOU'LL NEED & SAVE TIME

When you decide what will be on your menu ahead of time, you'll know exactly what ingredients you need. This is key!

This helps you...

- Avoid running out for last-minute ingredients...
- Save time trying to figure out what's for dinner or lunch everyday...
- Save time cooking and cleaning up each day...
- Have more time to do the things you want with your life and people you love!

***Here are a few ideas...***





# 1. GRILL A WEEK'S WORTH OF LEAN MEAT

Put in about 1 hour per week to prep and start by grilling a week's worth of lean meat and you've got most of the work done!

No need for elaborate recipes or a sinkful of dirty dishes, pots or pans.

No need to add much flavor to chicken breasts, beef, salmon or veggies before grilling.

And with a just few sets of tupperware or ziploc bags, you can do so much, and even marinate your meats or veggies in advance, if you choose.





## 2. STEAM OR AIR FRY A VARIETY OF VEGETABLES

Chop up your choice of:

- Broccoli
- Cauliflower
- Brussels sprouts
- Bell pepper
- Green Beans
- Tomatoes
- Asparagus

Sprinkle a little olive oil and toss into your air fryer for 15 to 30 min...  
or simply steam in a covered saucepan or pot for 3 to 10 minutes.





# 3. PREPARE LARGE QUANTITIES OF YOUR FAVORITE STARCH

Basmati, jasmine, short and long grain white rices...

Or quinoa in several varieties and colors, like black, red, or white...

They all cook and simmer quickly in a covered pot of boiling water in about 15 minutes.

And you'll get it done even faster and easier in a pressure cooker!





# 4. STORE IN EASY CONTAINERS

Plastic vs Glass is a personal choice.

## **Plastic:**

- Is lighter and more convenient than glass...
- Find leak-proof, microwave & dishwasher-safe versions, free of BPA and phthalates.

\*Most plastic containers hold roughly 3 cups of food, or 25 oz. This an ideal lunch size.

## **Glass:**

- Easier for reheating dinners and popping straight into the oven...
- No risk of BPA and phthalates...
- Microwave safe.

Either way, don't let the containers hold you back from getting started with your meal prep!



# ALL ABOUT CONVENIENCE & RESULTS

BUT MAKE SURE YOU ENJOY IT!

Don't overthink how simple this can be! (You've probably already done something similar...)

Or if not, doesn't it just seem like something that sounds worthwhile!?

## ***Pro Tips...***

- Try it out for 2 weeks, make some adjustments and see how it works out...
- Keep things simple, every few days you can prepare more to replenish your stock.
- Rotate in different sauces as toppings (low carb) and herbs & spices, etc., and you're all set!

***Congrats, now you've got 1 component covered for simplifying healthy living with at least one awesome meal per day...***



# NEXT LEVEL...

## *What Your Missing...*

\*Now all that's left for you to do is fulfill the other missing components needed to perfect your routine and experience even better results like...

- Amazing natural energy levels...
- Faster recovery...
- Better sleep...
- Sharper focus...

...And looking and feeling your best while truly enjoying healthy living with simplicity and ease!

\*Click below to learn about this simple productivity booster and time saver that keeps 1000's of busy people like me inline and performing at our best...

...without all the restrictive diet routines and run-around, guess work and stress!

**[Click Here to Simplify Healthy Living](#)**