

A decorative graphic consisting of a large, rounded rectangular box with a thin black border. The text "THE PLAN" is centered inside the box. On the left side, three target icons are partially visible, overlapping the top-left corner of the box. On the right side, three target icons are clustered together, overlapping the bottom-right corner of the box.

THE PLAN

# Meal Preparation Tips

## Handy Kitchen Equipment

- Digital kitchen scale
- Blender or Magic Bullet
- Cuisinart Mini Chopper
- Blender bottles for on the go protein shakes
- BPA free 1L water bottle
- Spill proof BPA free containers in a variety of sizes
- Glass containers in a variety of sizes
- Ziploc snack bags
- Insulated lunch bag
- Thermos for hot beverages or soups
- Mandolin for slicing veggies
- Oil Mister
- Slow Cooker



Notes:

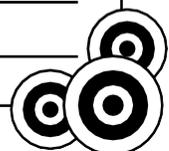
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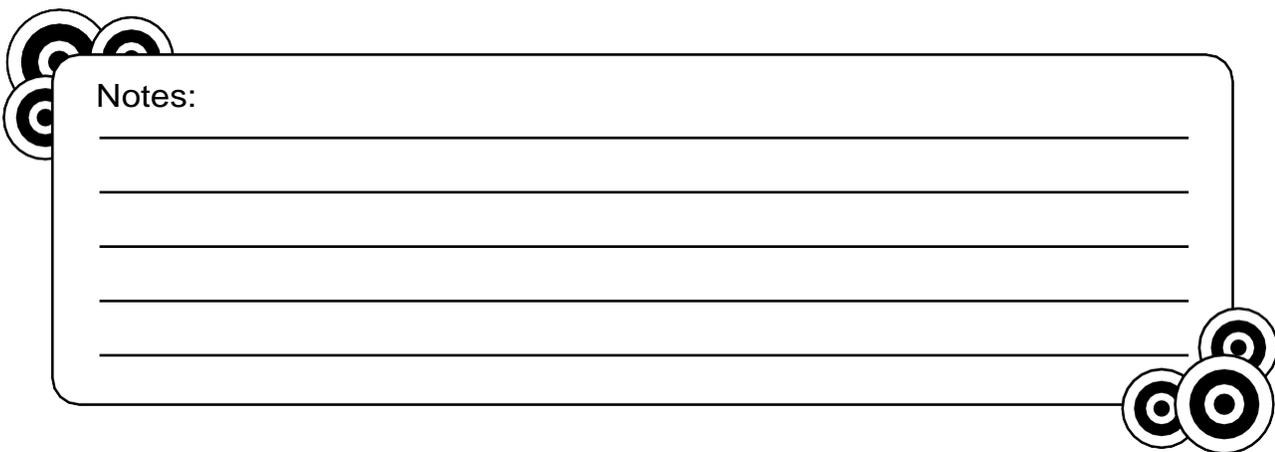
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## Meal Preparation Tips

- ❑ **Start the “Sunday Night Ritual.”** Integrate 1-2 hours on Sundays to plan and prepare meals. Get your family involved in helping you to prepare the meals for the week by giving everyone an appropriate job, like chopping food items or storing food in containers
- ❑ **Boil a dozen eggs at a time and refrigerate.** You don’t have to eat the whole egg; you can break away the whites (protein). Hard-boiled eggs will last at least 5 days in the fridge and are a great compact snack.
- ❑ **Cook 8 chicken breasts at a time.** Grill, bake or broil with your favorite seasonings. Great for slicing over salad or even eating half of a breast as a snack. Keep 3-4 in the fridge and individually freeze the rest. Take out a frozen breast the night before and defrost in the refrigerator.
- ❑ **Chop up vegetables and store in individual containers.** Chop up your favorite vegetables to eat raw. A good tip for making them last is to wrap them in an unbleached coffee filter to absorb the water.
- ❑ **Wash entire heads of lettuce and chop for salads.** Store lettuce in a suitable container. If it is already chopped up it is much easier to make a salad in the morning for lunch.
- ❑ **Make a vegetable soup.** Use one of the soup recipes provided to make enough soup for 1 week. Store 2-3 servings in the fridge and the rest in individual containers to keep in the freezer.



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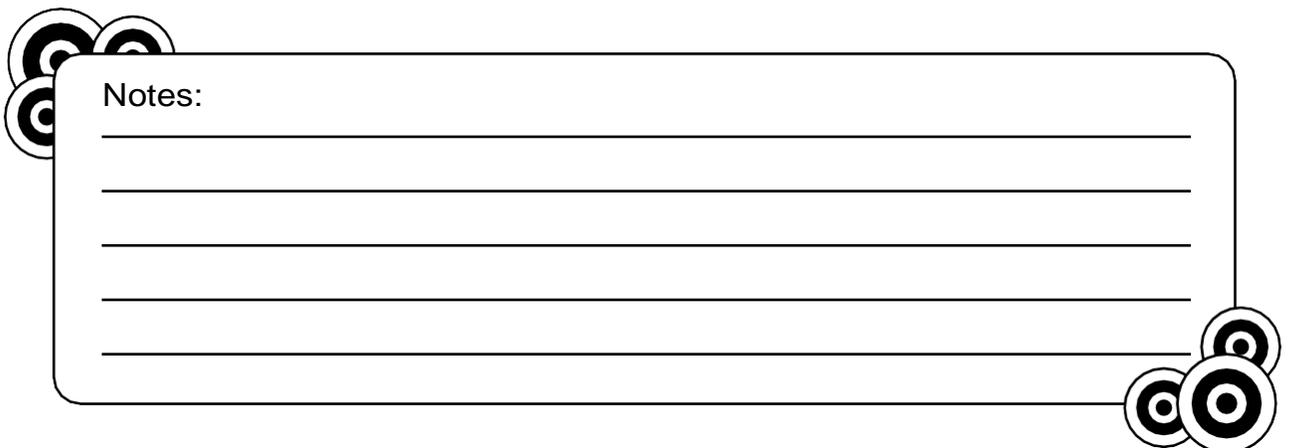
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## Meal Preparation Tips

- ❑ **Cook a huge amount of vegetable stir-fry.** Throw a bunch of vegetables into a wok and stir-fry with an unlimited condiment. Refrigerate in individual containers so meals are ready to serve. Add a chicken breast or piece of fish. This way dinner is almost ready without having to cook when you get home.
- ❑ **Open and rinse cooked beans or lentils.** Open your favorite bean or lentil and rinse until it stops foaming. Measure ½ cup servings and store in individual containers.
- ❑ **Pick 1-3 recipes and cook ahead of time.** Using the recipes provided, cook and then freeze. Take out the meal the night before, or in the morning, and refrigerate so it will be defrosted by dinner time. Add a side of stir-fry or salad.
- ❑ **Portion out nuts/seeds.** Buy your favorite nuts/seeds in bulk and store in containers in the fridge. Portion out your weekly serving amounts into snack bags. This makes it handy to grab and go.
- ❑ **Create a standard grocery list.** Create a standard list of the foods you need on a weekly basis.
- ❑ **Soak and cook beans ahead of time.** Instead of using canned beans and lentils, purchase dry, uncooked beans and/or lentils and soak overnight in water. Measure 1 cup of beans. Remove any bad ones and measure out triple the amount of water as beans (3 cups).  
Place beans in a container with a lid and pour water over them. Let sit at least 6-8 hours or overnight. Drain and rinse. Beans should have swelled and are ready to cook.



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# The Fundamentals

**Fundamental 1:** eat breakfast within 1 hour of waking up and continue to eat every 5-7 hours throughout the day. It's true that breakfast is the most important meal of the day. Consuming a balanced breakfast helps to regulate your blood sugar levels and keep you feeling full throughout the day. When you skip breakfast your blood sugar levels drop. When this happens you are more likely to consume higher glycemic carbohydrates (sugar) throughout the day. This perpetuates the blood sugar highs and lows causing you to crave more sugar and thus, gain more weight.

Consuming a meal every 5 hours is the best way to stimulate your metabolism and balance your blood sugar while maintaining your lean mass and reducing food cravings.

A good rule of thumb is to aim to eat 3 meals per day.

## ***What do I eat?***

Everyone's nutrition plan is going to be different because no two people are the same. Your nutrition plan is based on your age, height, professional activity, physical activity level and goals. Follow the fundamentals suggested meal times, then choose foods from your food plan (given in the first week).

## ***Can I miss a meal and double up on the next meal?***

It's not ideal to miss a meal. On your program you will learn about meal preparation and planning techniques, as well as how to plan for the unplanned so that you will be less likely to miss meals.

Because your metabolism requires a steady and constant influx of calories and nutrients, your body has a negative response when you skip a meal and then overeat later. If you double up on the next meal, your body will use only the calories it needs at the given time and will usually store the rest of the calories as FAT for later use. The problem is, when you don't use the calories later (due to inactivity) it gets stored as body fat.

On special occasions or dinners out, organize your day accordingly. For example, if you are going out for Italian food, save your grain for dinner and make sure you workout before dinner!

## ***Fundamental 2:*** Consume vegetables and/or fruits with all meals

Vegetables are generally unlimited so fill up on them. They are high in fiber, low calorie and nutrient dense. The more colorful, the better.

## ***Fundamental 3:*** Consume very lean protein choices.

Protein is essential for stimulating your metabolism, maintaining and building lean muscle, and helping to keep you feeling full and alert. Protein is not just limited to lunch or dinner.

You must also have a protein with breakfast. You always want to choose "very lean" or "lean" proteins.

**Fundamental 4:** Include healthy fats daily.

20-40% of your daily caloric intake should come from fat. The type of fat you choose is extremely important; however, I am NOT telling you to go eat mass amounts of full fat cheese!

As a side note, your personalized plan may include supplement suggestions. We suggest clients use an Omega 3 fish oil supplement. Keep in mind that these supplements do not count towards your fat servings for the day.

**Fundamental 5:** Schedule 2-3 hours per week for food planning and preparation.

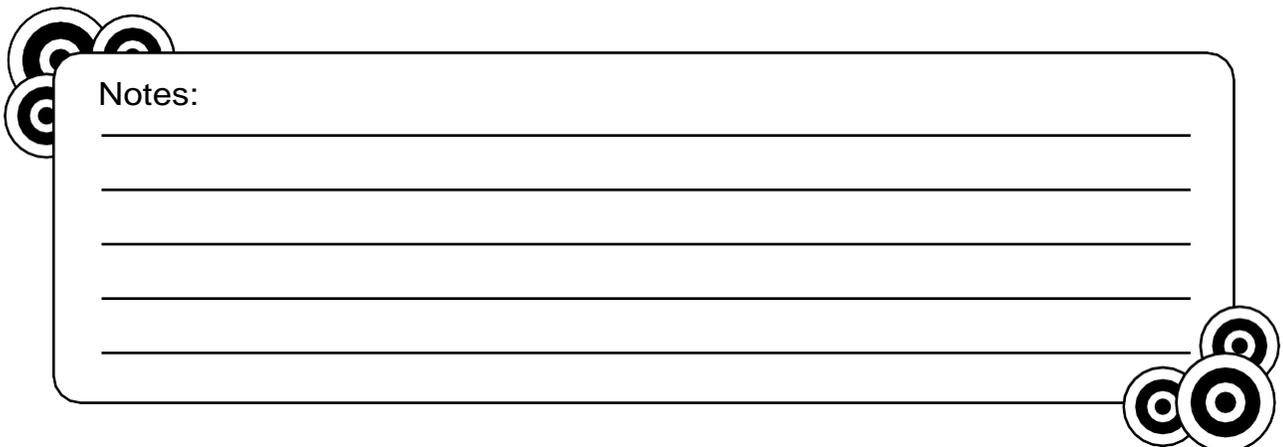
Everyone is busy and the “I have no time” excuse is one we hear time and time again; it’s probably the main reason most people don’t achieve their goals. In order to be successful and change your lifestyle habits you need to make food planning and preparation a top priority.

Robin Sharma says it best: “Show me your schedule and I’ll discover the truth. Because your schedule doesn’t lie.”

If you do not schedule your snack/meal time by actually marking it on your schedule it will most likely not get done. How can something be a priority if it is not included in your schedule?

Two-three hours might seem like a long time, but if you break it up over the course of the week it becomes more manageable. Over the course of your time on the program you will learn tips and strategies for planning and preparing your meals and snacks.

Remember, anything worth achieving takes effort. This is not a quick fix, nor a diet that you go on and off of. We will teach you HOW to change your lifestyle and your goals, but YOU have to do the work to put these steps into place.



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