

NUTRITION MADE SIMPLE

MEAL PREP BASICS

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Goal Setting/Reflection:

What Is One Goal That You Have Over The Next 6-Months?

What Does Meal Prep Typically Look Like?

What is your Biggest Barrier to Meal Planning & Prepping?

STEP 1: PICK _____ STAPLE RECIPES

Pick One: Breakfast	Pick Two: Proteins	Pick One: Starch
<p>Examples:</p> <p><u>Amish Oatmeal</u></p> <p><u>Double Chocolate Chip Overnight Oats</u></p>	<p>Examples:</p> <p><u>Pulled Chicken</u></p> <p><u>Egg Roll in a Bowl</u></p> <p><u>Meatloaf Muffins</u></p>	<p>Examples:</p> <p><u>Roasted Butternut Squash</u></p>

STEP 2: PLAN YOUR _____ & VEGGIES

List 2 Veggies And 2 Snacks + 1 On The Go Snack:

 **Pro Tip: Snacks Should be Balanced= Carb, Protein, and Fat!**

1.	Vegetable	
2.	Vegetable	
3.	Snack	
4.	Snack	
5.	On The Go Snack	

STEP 3: TAKE _____ OF WHAT YOU HAVE AND CREATE YOUR _____ LIST

Protein

- _____
- _____
- _____
- _____
- _____

Fruits & Starch

- _____
- _____
- _____
- _____
- _____

Nonstarchy Veggies

- _____
- _____
- _____
- _____
- _____

Misc

- _____
- _____
- _____
- _____
- _____

STEP 4: GO SHOPPING

Be sure to read nutrition labels!

Marketing can be sneaky. Example: Reduce Sugar= 25% Less Sugar...

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to Percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

**Based on a 2,000 calorie diet

Pro Tip: When looking at the ingredients list, the ingredients are listed in order of abundance. For example, the first ingredient listed is the most abundant.



STEP 5: MEAL PREPPING



Research shows that meal planning is associated with some really great benefits such as having a higher overall food variety and quality. More specifically, it was associated with lower odds of being overweight and obese for women and being obese for men.

What Tools Will You have For Prep (Oven, Crockpot, Air Fryer, Etc.?)

CORE HEALTHY STEPS NUTRITION PRINCIPLES

#1: ADD MORE WHOLE FOODS INTO YOUR DIET

#2: FOCUS ON BALANCE: PROTEIN, CARBOHYDRATES & HEALTHY FATS

#3: LIMIT THE AMOUNT OF ADDED SUGAR YOU CONSUME DAILY

NOTES:

ARE YOU LOOKING FOR INDIVIDUALIZED HELP?

[APPLY FOR COACHING TODAY](#)

SCAN ME

