

The Ultimate Meal Prep Guide

SAVE TIME. EAT BETTER. STAY CONSISTENT.

Smart meal prep helps you eat healthy, save time, reduce stress and stay on track with your goals.



MEAL PREP ISN'T JUST ABOUT COOKING FOOD.

It's about creating a system that helps you save time, stay consistent and reach your goals.



01 MEAL PREP BASICS

Meal prep means preparing your meals in advance so you always have healthy, high-protein options ready to go.



SAVE TIME

Spend less time cooking during the week.



STAY ON TRACK

You're less likely to make unhealthy choices.



SAVE MONEY

Plan your meals and avoid food waste.



BETTER RESULTS

Consistency is the key to your progress.

02 THE BEST MEAL PREP CONTAINERS



GLASS CONTAINERS

- ✓ Durable
- ✓ Oven & microwave safe
- ✓ Doesn't absorb odors
- ✓ Easy to clean



BPA-FREE PLASTIC

- ✓ Lightweight
- ✓ Budget friendly
- ✓ Great for on the go
- ✓ Many size options



STAINLESS STEEL

- ✓ Extremely durable
- ✓ Keeps food fresh
- ✓ Eco-friendly
- ✓ Heat resistant

03 HOW LONG DOES FOOD LAST?

FOOD	FRIDGE (4°C)	FREEZER (-18°C)
Cooked Chicken	3 - 4 Days	2 - 6 Months
Cooked Beef	3 - 4 Days	2 - 6 Months
Cooked Salmon	2 - 3 Days	2 - 3 Months
Cooked Rice	3 - 5 Days	1 - 2 Months
Cooked Sweet Potato	3 - 5 Days	2 - 3 Months
Vegetables (cooked)	3 - 5 Days	2 - 6 Months
Hard-Boiled Eggs	5 - 7 Days	Not Recommended



Always let food cool down before storing and label your containers with the date.

04 FRIDGE vs. FREEZER

USE THE FRIDGE FOR:



- Meals for the next 3-5 days
- Quick grab & go options
- Ingredients that stay fresh for a short time

USE THE FREEZER FOR:



- Meals for later weeks
- Batch cooking in large portions
- Proteins, rice, veggies and sauces



TIP: Portion your meals before freezing. This makes it easy to grab, thaw and go.

05 TIME-SAVING MEAL PREP TIPS



PLAN YOUR MEALS

Plan 3-5 meals in advance and make a shopping list.



COOK IN BULK

Cook large portions of protein, carbs and veggies.



USE TIME-SAVING APPLIANCES

Air fryer, slow cooker and rice cooker are game changers.



PREP, DON'T COOK EVERYTHING

Chop veggies, portion snacks and prepare ingredients.



SET A PREP DAY

Pick one or two days per week for meal prep.



The best preparation today leads to more freedom tomorrow.

06 COMMON MEAL PREP MISTAKES



PREPARING TOO MUCH

Start small and prep what you can actually eat.



NO VARIETY

Eating the same meals every day gets boring. Mix it up!



POOR STORAGE

Wrong containers = shorter shelf life.



NOT SEASONING ENOUGH

Meal prep can be bland without enough flavor.



IGNORING PORTION SIZES

Too much or too little can slow your progress.



07 STEP-BY-STEP MEAL PREP GUIDE



1. PLAN

Choose your meals and create a shopping list.



2. SHOP

Buy only what you need.



3. PREP

Wash, chop and prepare your ingredients.



4. COOK

Cook in bulk and season well.



5. PORTION

Divide into containers based on your portions.



6. STORE

Store in the fridge or freezer and label everything.



7. ENJOY

Grab, heat and enjoy your healthy meal.



CONSISTENCY IS BUILT IN THE KITCHEN. PREP TODAY, THANK YOURSELF TOMORROW.