



MEAL PREP

Made Simple



SMART PLANNING AND TIPS FOR BUSY PEOPLE

PLAN YOUR MEALS AHEAD — DON'T TRY TO “FIT IT IN” ON THE FLY

- THE MOST EFFECTIVE WAY TO HIT YOUR MACROS IS TO **PRE-LOG YOUR MEALS** OR PLAN THEM BEFORE THE WEEK STARTS.
- TRYING TO PIECE TOGETHER MACROS MEAL-BY-MEAL LEADS TO STRESS, UNDER-EATING PROTEIN, OR BLOWING YOUR CALORIES LATE AT NIGHT.
- KNOW YOUR TARGETS, PLAN YOUR DAY (OR WEEK), AND STICK TO THE PLAN – EVEN LOOSELY – FOR BETTER CONSISTENCY AND RESULTS.



**MEAL PREP ISN'T JUST ABOUT COOKING —
IT'S ABOUT MAKING DECISIONS IN ADVANCE.**



YOU DON'T NEED TO NAIL EVERY MEAL OR DAY

- *YOUR BODY RESPONDS TO PATTERNS OVER TIME – NOT A SINGLE MEAL OR ONE “PERFECT” DAY.*
- *TRYING TO MAKE EVERY MEAL PERFECTLY MEASURED, BALANCED, OR MACRO-OPTIMIZED IS A FAST TRACK TO BURNOUT.*
- *FOCUS ON HITTING YOUR **WEEKLY TARGETS**, NOT MICROMANAGING EACH PLATE.*
- *WHEN MEAL PREPPING, AIM FOR **CLOSE ENOUGH, CONSISTENTLY**, NOT PERFECT ONCE IN A WHILE.*



CONSISTENCY OVER PRECISION — THE AVERAGE MATTERS MORE THAN THE MOMENT.



CHOOSE A PREP STYLE THAT MATCHES YOUR LIFE

- **BULK PREP:** COOK PROTEINS, CARBS, AND VEGGIES IN LARGE BATCHES TO MIX AND MATCH.
- **GRAB-AND-GO:** PORTION FULL MEALS INTO CONTAINERS FOR QUICK WEEKDAY EATING.
- **HYBRID PREP:** PRE-CHOP OR PAR-COOK INGREDIENTS, THEN COOK FRESH WHEN YOU EAT.



THERE'S NO “RIGHT” WAY — JUST WHAT KEEPS YOU CONSISTENT.



PICK A BALANCED MIX OF STAPLES TO PREP EACH WEEK

SIMPLIFY YOUR SHOPPING AND PREP BY CHOOSING A HANDFUL OF INGREDIENTS ACROSS FOOD GROUPS. EXAMPLES INCLUDE:

- **3 LEAN PROTEINS:** CHICKEN BREAST, TURKEY, SHRIMP
- **1-2 FATTY PROTEINS (IF YOUR MACROS ALLOW):** SALMON, STEAK, 80/20 BEEF
- **1-2 STARCHY CARBS:** RICE, POTATOES, OATS
- **3-4 VEGETABLES:** BROCCOLI, BELL PEPPERS, ZUCCHINI, SPINACH
- **2-3 FRUITS:** BERRIES, APPLES, BANANAS
- **1-2 PLANT-BASED FATS:** AVOCADO, ALMONDS, TAHINI, OLIVES



THESE ARE JUST EXAMPLES — PICK WHAT YOU LIKE AND WHAT FITS YOUR GOALS.



PLAN AROUND FULL PACKAGES TO SIMPLIFY WEIGHING & STORAGE

- DESIGN MEALS SO YOU USE ENTIRE PACKAGES OF INGREDIENTS WITHIN A SET NUMBER OF DAYS.
- AVOID THE HASSLE OF WEIGHING PARTIAL AMOUNTS AND MANAGING LEFTOVERS THAT MIGHT SPOIL.
- FOR EXAMPLE, IF YOU BUY A 1 LB (450G) PACKAGE OF CHICKEN BREAST, PLAN TO USE IT FULLY ACROSS 3-4 DAYS.
- THIS HELPS WITH CONSISTENT PORTIONS AND SIMPLIFIES GROCERY SHOPPING.



PLANNING BY PACKAGE REDUCES WASTE, SAVES TIME, AND KEEPS TRACKING STRAIGHTFORWARD.



ROTATE FOODS REGULARLY FOR GUT HEALTH & VARIETY

- *DIVERSITY IN YOUR DIET SUPPORTS A HEALTHY GUT MICROBIOME AND OVERALL WELLNESS.*
- *AIM TO ROTATE YOUR STAPLE FOODS AT **LEAST ONCE EVERY QUARTER**, OR MORE OFTEN IF TIME AND BUDGET ALLOW.*
- *SWAPPING DIFFERENT PROTEINS, VEGGIES, AND CARBS KEEPS YOUR MEALS INTERESTING AND NUTRITIONALLY RICH.*



VARIETY IS NOT JUST THE SPICE OF LIFE — IT'S KEY FOR LONG-TERM HEALTH



USE SEASONINGS & SAUCES STRATEGICALLY

- *PREP BASE FOODS PLAIN, THEN ADD FLAVOR WHEN SERVING.*
- *STOCK FLAVOR BOOSTERS: SALSA, SPICE BLENDS, MUSTARD, TAMARI, PESTO, GARLIC PASTE.*



SAME INGREDIENTS, ENDLESS VARIETY.

INVEST IN CONTAINERS & KITCHEN TOOLS

- USE QUALITY CONTAINERS THAT STACK AND SEAL WELL (GLASS OR BPA-FREE PLASTIC).
- TOOLS LIKE AN AIR FRYER, RICE COOKER, OR INSTANT POT SAVE TIME AND CLEANUP.
- LABEL MEALS WITH DATE + CONTENTS IF YOU'RE PREPPING SEVERAL DAYS AT ONCE.



GOOD TOOLS MAKE GOOD HABITS EASIER.



Want to Learn More?

Contact me with "MEAL PREP" and I'll craft a personalized meal plan for your busy schedule.

Contact Me	Info
Email	Theflipflopfitnessguy@gmail.com
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