



fueled by
FITNESS FORWARD
NUTRITION COACHING

Fitness Forward Nutrition Coaching, LLC

**THERE'S A DIFFERENCE
BETWEEN INTEREST AND
COMMITMENT.**

**WHEN YOU'RE INTERESTED IN
DOING SOMETHING, YOU DO IT
ONLY WHEN IT'S CONVENIENT.**

**WHEN YOU'RE COMMITTED TO
SOMETHING, YOU ACCEPT NO
EXCUSES -- ONLY RESULTS.**

Five Tips for Meal Prepping

1. Pick one day of the week for which to do your meal prepping

For me, this is typically Sunday evening. I'm all caught up on grocery shopping for the weekend, hubs goes to bed early in preparation for his early workday Monday, and there usually isn't anything going on on a Sunday night, so I can find an hour or two to get everything prepared and ready for the coming days.

2. Have the right tools in your arsenal

You'll do best with a well-calibrated food scale, measuring cups and spoons, food containers, an insulated lunch or cooler bag, and all the right ingredients (staple proteins, carbohydrates, and healthy fats).

3. Draw up a meal plan

Know your numbers and how many calories and macros you will require for the day. Divide those up by the number of meals you plan to have and appropriate according to your meal preference size (and meal timing, if you practice that). Know down to the gram how much of each portion you will have to measure out per meal.

4. Cook in bulk and stick with staple items

I recruit the hubby to grill me a bunch of meats on Sunday evening. He'll grill up a few chicken breasts and a couple of lean steaks. While he does this, I'm making ground turkey, quinoa, shrimp, roasted veggies, salad mixes, brown rice, sweet potatoes, or whatever it is that I'm in the mood to eat that week. Once everything is cooled, I line up my food containers and portion out everything into its respective containers.

5. Stay focused on your goals

Communicate to those around you that you are doing something that is essential for your health and that it's really important to you. That way, you won't be tempted by office treats, that one person who encourages you to "have just one", will make time to eat even during a "busy" day, and won't be at a loss for what to eat because you weren't prepared.

Protein options that I recommend:

- Chicken Breasts (boneless, skinless – free range or organic preferred)
- Chicken thighs are okay if you need a break from chicken breasts (but it is higher in fat and lower in protein)
- Ground Beef – 90% lean or higher (preferably from bison or grass fed cattle)
- Ground Turkey – 99% lean
- Seafood – Salmon, Shrimp, or Tuna (preferably trill or line caught and packed in its own oils)
- Eggs (hard boil a bunch for the week) and liquid egg whites

Carb options that I recommend (preferably organic for all of the below):

- Quinoa
- Brown rice
- Pasta (preferably brown rice, quinoa, or whole wheat)
- Potatoes (sweet or white)
- Buckwheat
- Amaranth
- Spinach
- Green Beans
- Mushrooms
- Asparagus
- Broccoli
- Cucumber
- Bell Peppers
- Zucchini
- Kale
- Bok Choy
- Spaghetti Squash
- Carrots
- Tomatoes
- Sugar Snap Peas

Fat options that I recommend:

- Avocado
- Coconut Oil
- Plain Raw Nuts (especially almonds or cashews)
- Natural Nut Butter
- Egg Yolk
- Fish Oil

Here is a sample day's eating when I'm serious about hitting my macros:

Breakfast:

Egg whites + one whole egg, sprinkled with a little bit of Parmesan cheese

Snack 1:

Protein shake + $\frac{1}{4}$ c. liquid egg whites with $\frac{1}{2}$ -1 banana and a handful of spinach
(optional add-in: shot of espresso)

Lunch:

Salad in a jar and 6 ounces of protein (usually chicken breasts, but sometimes shrimp)

Snack 2:

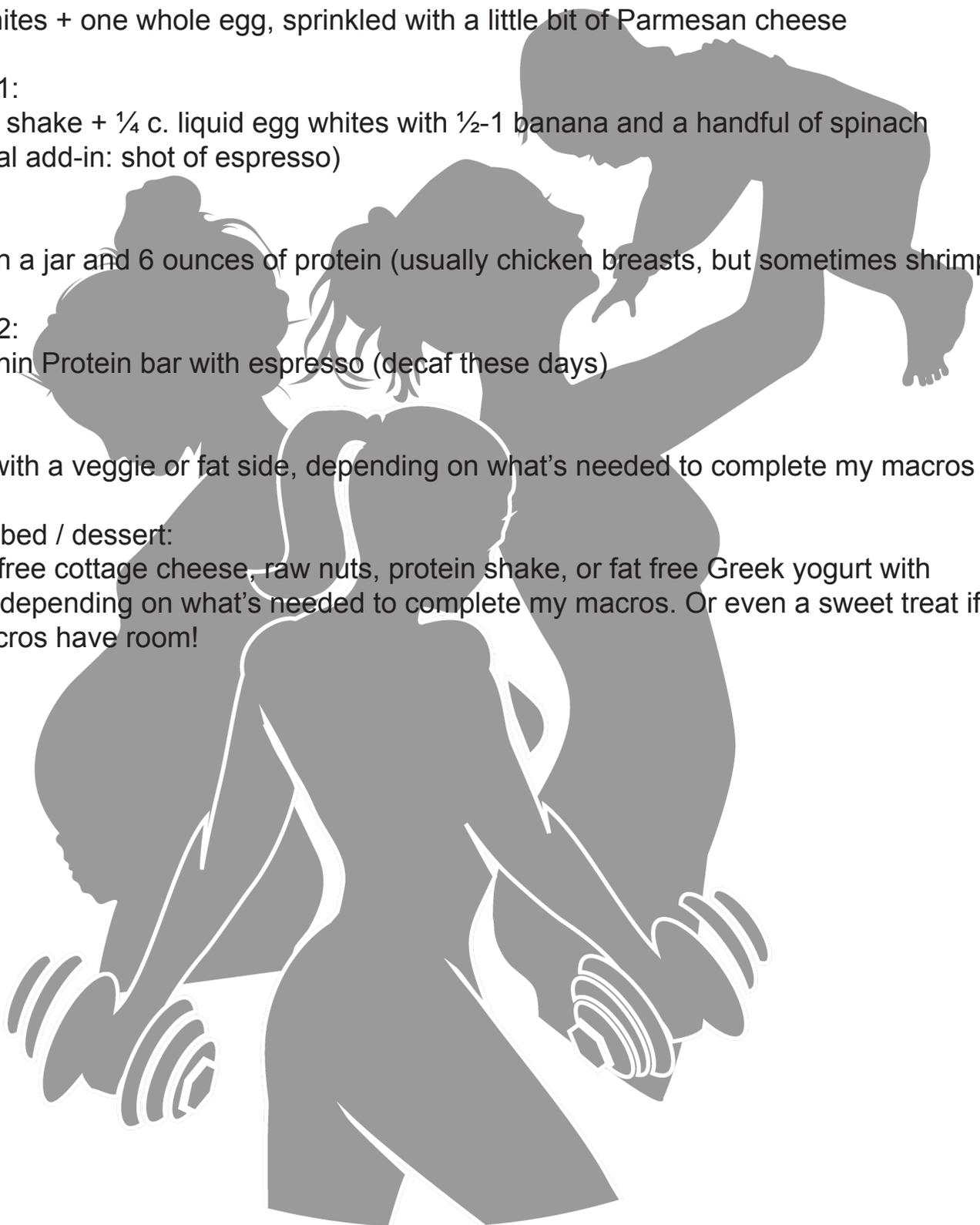
ThinkThin Protein bar with espresso (decaf these days)

Dinner:

Steak with a veggie or fat side, depending on what's needed to complete my macros

Before bed / dessert:

2% fat free cottage cheese, raw nuts, protein shake, or fat free Greek yogurt with honey, depending on what's needed to complete my macros. Or even a sweet treat if my macros have room!



The background features a light blue gradient with a large, semi-transparent silhouette of a woman, a man, and a child. The woman is in the foreground, holding a dumbbell. The man is behind her, also holding a dumbbell. The child is on the right, leaning over. The text is overlaid on this scene.

More from the Fit Forward Mom

Instagram: www.instagram.com/fitforwardmom

[@fitforwardmom](https://www.instagram.com/fitforwardmom)

Facebook: www.facebook.com/fitforwardmom

Contact: fitnessforwardnutrition@gmail.com

www.fitforwardmom.com