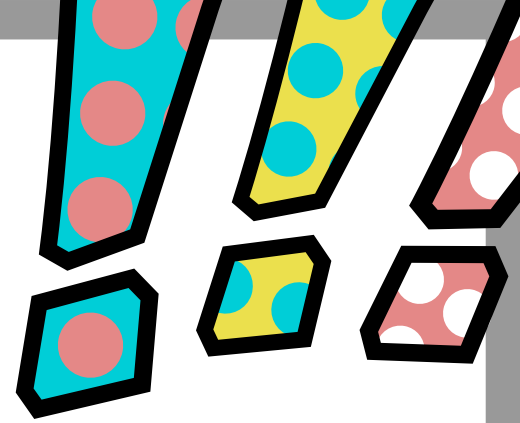


MEAL PLANNING AND PREPPING

LIKE A PRO



OVERVIEW



You *know* that just winging it and hoping for the best at the end of the day is *not* working.

Having a plan for your meals is one of **the** most useful routines you can build into your life.

This does *not* mean you need to be spending half your weekend in the kitchen and eat the same identical meals out of Tupperware all week.

Having a plan and being prepared is just a way to pre-commit yourself to the actions you want to take and to help set your future self up for success.

This guide will walk you through the step-by-step process of making a daily and weekly plan that you'll actually want to follow-through with.



GENERAL GUIDANCE

- KEEP IT SIMPLE. Eat mostly individual ingredients to start & ease into recipes.
- Plan your meal around your protein, then your veggie, then add carbs/fats.
- Don't stress about the perfect breakdown of carbs & fat. Hit your calories, protein, and fiber, and don't stress about the rest.
- For satiety, focus on volume and "4 box" meals (see below).

4 BOX MEALS

Protein

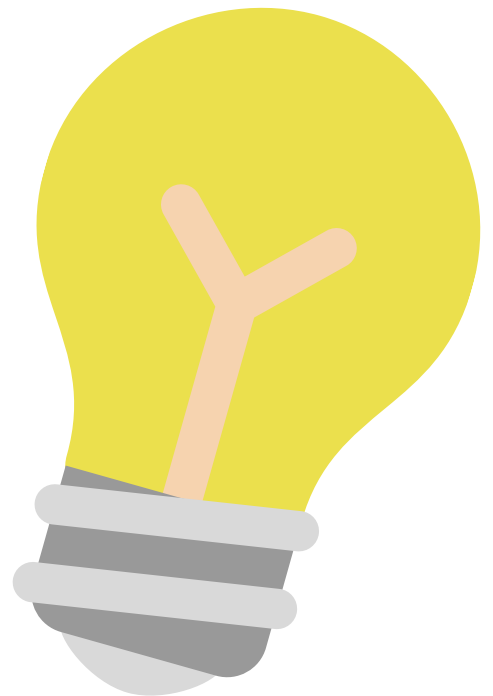
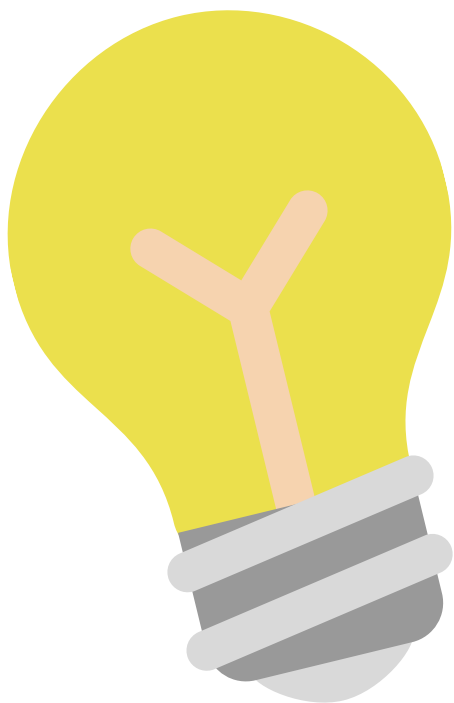
Veggie

Complex Carb

Healthy Fat



Looking at the numbers



SOME QUICK MATH

We find that for most clients, a rough breakdown of how they allocate their calories throughout the day is as follows:

Breakfast - 25%
Lunch - 25%
Dinner - 30%
Snacks - 20%

If you don't snack, distribute that percentage where you'll want it most (or across several meals).

Your numbers will vary & we don't want you getting too caught up in the nitty gritty.

We just want you to have a rough estimate in mind so planning is as easy as possible.



SNACKS/TREATS

Snacking is not required. If you prefer to eat larger and more satisfying meals, not snacking at all is fine.

If you'd rather have more protein per meal and save some of your snack budget for a daily treat, that's fine, too.

We find that it's easiest to use snacks as fillers to help you hit your targets than to cement them first and then work your meals around them.

In a separate pdf, you'll find some of our coaches' & clients' favorite protein-forward snacks but this list is not at all intended to be exhaustive.



SOME QUICK MATH

Your calorie target is likely in the range of 1,300-1,700, so meals would look like:

Breakfast (25%): 325-425

Lunch (25%): 325-425

Dinner (30%): 400-510

Snacks (20%): 250-340

Your protein target is likely in the range of 100-135g or ~25-35g per meal (assuming 3 meals & 2 snacks or 4 meals).

These numbers are close enough to work with but **if you want to get more specific, you can do that on the next page.**



DOING IT YOURSELF

(OPTIONAL)

Your calorie target =

Calorie target x .3 = (Dinner cals)

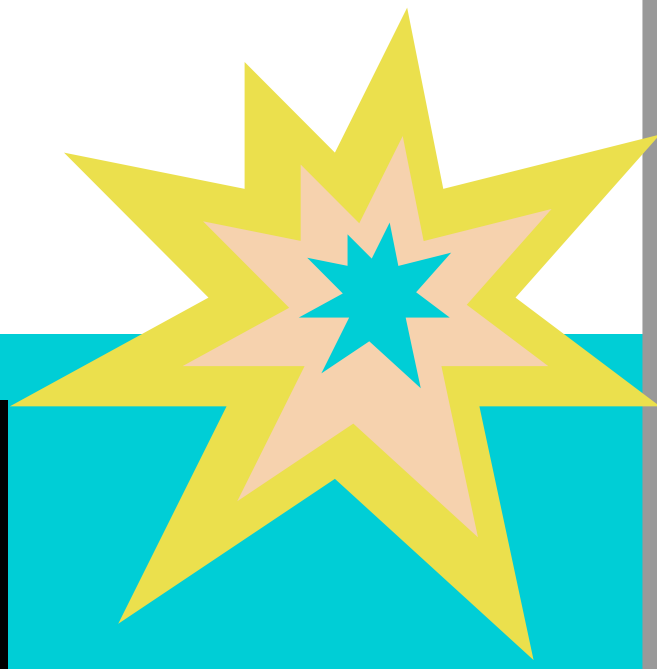
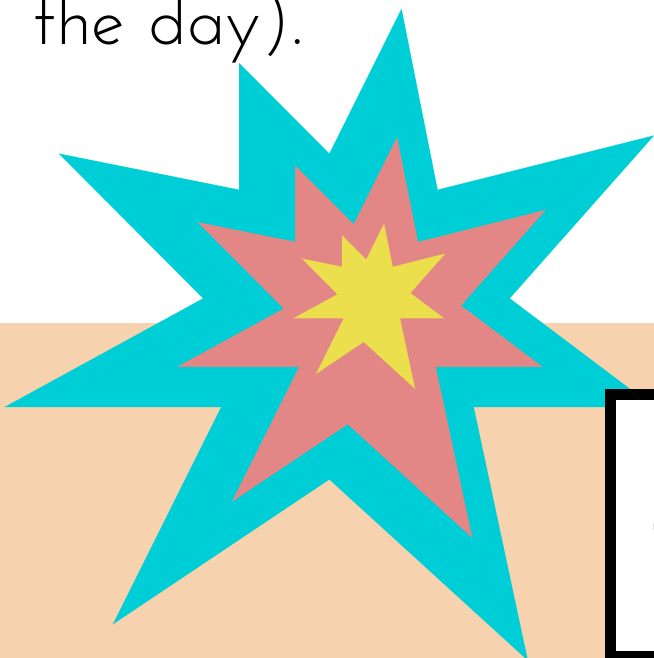
Calorie target x .25 = (B & L cals)

Calorie target x .2 = (Snack cals)

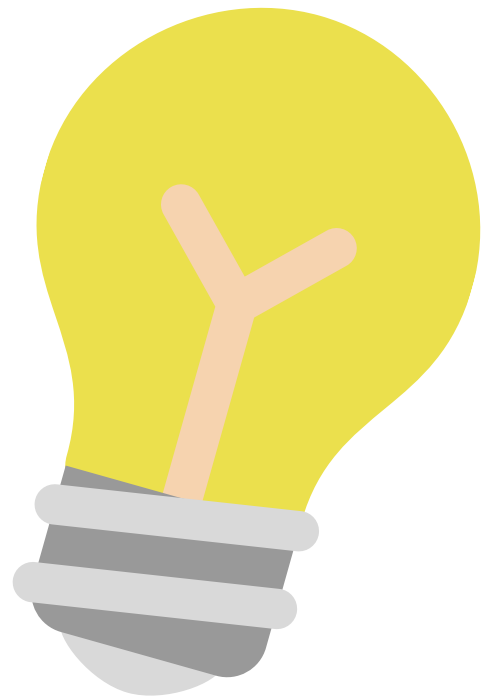
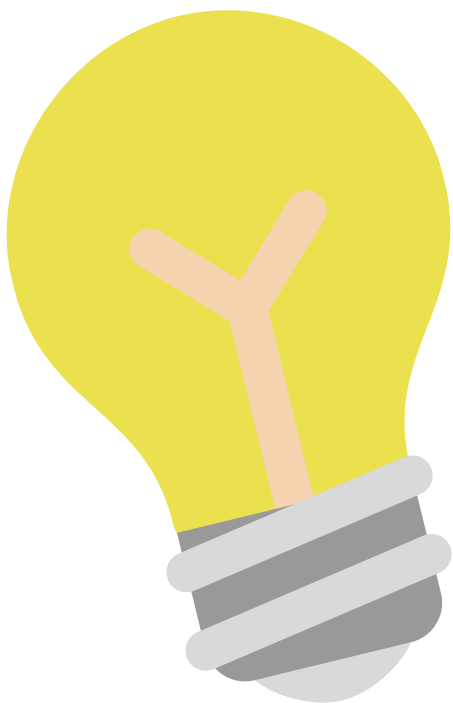
Your protein target =

Protein target / # of meals =

(This gives you a per meal protein target to help make sure you're not short at the end of the day).



HOW TO MEAL PLAN

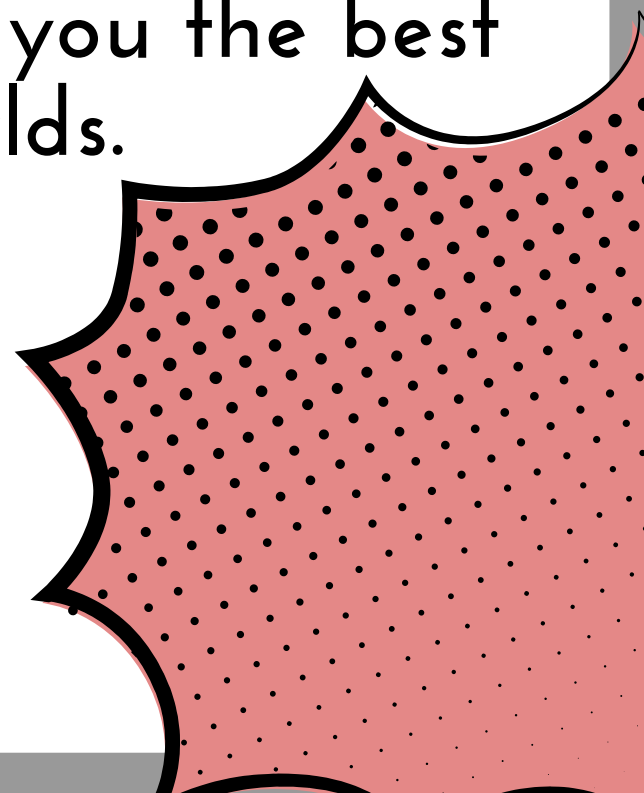


Most of our clients want to eat a normal dinner with their families and have flexibility with what they eat

AND

Want breakfast and lunch to be as effortless as possible.

With a little bit of planning & practice, this is actually incredibly easy to do and gives you the best of both worlds.



HOW TO USE

We recommend picking 1-2 breakfasts & lunches you'll have all week and use dinners to get variety.

After a few weeks of planning in this way, you'll find your personal "go to" options that you can make quickly or in advance that will help you keep your earlier meals simple & as effortless as possible.

Don't get bogged down in the choices, just pick a couple options that sound good for this week, print them, and make any notes about what you want to change next time.

Remember: LET THIS BE EASY!



HOW TO USE

If you're using our recipes, search "EAWC [recipe name]" and we've already created them for you.

If you're modifying or using your own, use the Creating Recipes in MFP guide to help you - you only have to do this once and then you can use it over and over!

When it comes to the actual cooking, prep for the week on whatever day makes the most sense for you or do 2 smaller preps if you want more variety or don't want to eat food that's more than a couple days old.

If you have time, prepping each evening or morning works, too!



REMINDER

Tracking your food is a *tool* that we use to:

- Develop awareness about your current behaviors
- Help you learn about the energy content of the foods you're eating
- Learn about appropriate portion sizes
- Overcome years of brainwashing about good & bad foods and not being able to eat certain foods if you want to lose weight

It is *not* something we want you doing forever. So embrace the new skill, be consistent, and learn what you need to so that you can maintain a healthy weight long-term *without* tracking!

