



me first.

— coaching —

TIPS AND TRICKS FOR

Meal Prep

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TIPS & TRICKS FOR SIMPLIFYING YOUR WEEKLY MEAL PREP



Meal prepping can feel overwhelming and time consuming. This guide will give you all the expert tips and tricks to make it less stressful and give you time back in your already busy schedule!

The background of the image shows two clear plastic meal prep containers on a light grey, textured surface. The top container holds sliced grilled chicken breast, a small pile of pecans, and some green leafy vegetables. The bottom container holds more sliced grilled chicken, a large portion of steamed broccoli, a whole red cherry tomato, a sprig of fresh basil, and some green beans. A few more pecans are scattered on the surface in front of the bottom container.

Benefits of Meal Prepping

- Saves time
- Helps maintain healthy eating habits
- Reduces food waste
- Promotes portion control
- Reduces stress
- Saves money



WHAT IS IN THIS

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THE ESSENTIALS

Tools & Equipment



✓ Appliances

- Air Fryer
- Grill
- Rice Cooker and/or
- Instapot



✓ Gadgets

- Oil sprayer
- Food Scale
- Onion and/or potatoe slicer (can be used on way more than just onions/potatoes!)



✓ Other

- Gallon Ziplocks
- Meal Prep Containers

STEP-BY-STEP GUIDE TO *Meal Prepping*

Let's go over how to get started meal prepping! We will cover how to plan a weeks' worth of meals, creating a balanced meal plan, grocery shopping tips, and meal prep techniques to save you time and money.

HOW TO PLAN A WEEKS WORTH OF MEALS

- **Asses your schedule:** Look at your calendar for the upcoming week to determine your busiest days and times you'll need the quickest meals. Also identify any events, meetings, or anything that will affect your eating schedule. (Example: If you have late meetings on Tuesdays and Thursdays, plan for quicker easier meals on those evenings)
- **Determine Your Dietary Needs & Preferences:** Consider any dietary restrictions, preferences and goals (high protein, low carb, vegetarian, etc). Decide how many meals and snacks you need to prepare for each day.
- **Choose Your Recipes:** Select recipes that align with your dietary needs and fit your schedule. Aim for a variety to avoid getting bored with your meals.
- **Create a Meal Plan Template:** Use a planner, spreadsheet, or app to organize your meals for the week. Assign specific meals to each day, taking into account leftovers and batch cooking.

- **Make a Grocery List:** List all ingredients you will need for your recipes. Check your pantry and fridge to see what you already have. Again, try to use the same foods but in a variety of ways to save on buying too many items.
- **Consider Prep Time and Storage:** Allocate time for meal prep into your schedule, ideally on a less busy day for you. The more you do it, the less time it will start to take you! Ensure you have enough storage containers for all your prepped food. Gallon zip locks are my personal go-to!

MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



TIPS FOR GROCERY SHOPPING

Tips and Tricks

01

Buy and Cook in Bulk

Save some money by buying foods you eat frequently in bulk. You can also cook everything in bulk and put into gallon Ziplock's in the fridge or freezer. This saves time and space! Then, just put meals together using the ziplocked food.

02

Store Brands

Opt for store brands, they are often cheaper than name brands but can be just as good in quality. Compare prices and check for ingredients to ensure you are getting a good deal!

03

Frozen Foods

Yes, fresh foods are always better BUT sometimes we need time savers. You can buy frozen potatoes, veggies, fruit, etc and just thaw it out the night before or throw it in the microwave or air fryer. Saves you time while cooking and you don't have to worry about it going bad sitting on your counter!

04

Sauces and Seasonings

Sauces and seasonings can make your food taste better but also add calories and can cause inflammation. Try these brands: Primal Kitchen, FlavorGod, Flavor Gang, Taste Flavor Co, and GHughes.

05

Stick to Your List!

Avoid impulse buys by sticking to your list. That is why writing it down or using an app can be helpful! Avoid shopping while hungry. Eat a quick snack or a meal before you go grocery shopping. If you see something tempting, ask yourself if it fits your meals and your goals!

EFFICIENT MEAL PREP

Tips and Tricks

01 Ziplocks

This is one of my favorite tips! zip locks. Prepare all your food, put it in gallon zip locks, and into the fridge. Then each night/morning you just grab the Ziplock and measure the food you need for the day into your meal prep containers. This saves time when bulk cooking and saves space in the fridge!

02 AirFryer

The Air fryer is SUCH a handy appliance to have. You can cook almost anything in this, and it saves so much time! We cook potatoes, veggies, reheat meat, etc. Throw it in and leave it alone until it's done. Easy peasy!

03 Frozen Foods

I know this was mentioned on the last page, but frozen foods are SUCH a time saver! We buy frozen cubed potatoes (which saves so much time having to cut them all up!) We also get frozen veggies, fruit sometimes (depends on the fruit), and more. This is such a great time saver when cooking in bulk!

04 Bulk Cooking

Let me just give you an example of how my husband and I do our meal prep.

- Put 10lbs of chicken into the instapot-40m high pressure.
- Put 2-3 bags of frozen potatoes into the air fryer - 20m on bake 400 degrees
- Put 8-10c of rice into the rice cooker-just push the white rice button (takes about 30m)
- Buy premade beef patties so you just throw them on the grill while everything else is cooking
- Cut up zucchini while things are cooking, throw in air fryer once potatoes are done
- Put everything into zip locks and into the fridge
- We now have meals for 2 people for 4-5 days and it only takes about an hour.

NEW TO COOKING? LETS KEEP IT SIMPLE

Tips and Tricks

01 AirFryer

If you are cooking anything in the air fryer, I always recommend spraying it with a LITTLE oil either before you start it or about halfway through. This saves your food from drying out. Also make sure you shake it up about halfway through as well (veggies, etc)

02 Oil Sprayer

This oil sprayer we got on amazon has been such a saver! We use it instead of buying PAM or other cooking sprays, you just fill it with olive oil and pre spray your skillets, or any foods you wish.

03 Veggies

Personally, we cube up most of our veggies, just easier and faster to cook. Slice in half long ways, then each half in half long ways again, line them up and cube them all at once from the short side this time. Throw in the air fryer and you are done!

04 Seasoning

Yes, you can season your food even when on a meal plan! I mentioned above some sauces and seasonings I recommend. Make sure you are sticking to serving sizes and changing up sauces and seasonings so you don't get bored with your food!

05 Variety

To keep it simple, make all your food the same if you can handle eating the same foods all the time. Once you get better with cooking, make sure you are cooking a variety of styles. Same foods-different styles.

Examples:

- Potatoes: fries, cubed, baked, mashed, etc
- Beef: ground, patties, etc
- Chicken: baked, grilled, shredded, etc

SIMPLE BREAKFAST MEAL EXAMPLES

the key is simplicity



Yogurt Bowl

- Nonfat Greek Yogurt
- Berries
- Honey
- Granola



Protein Bowl

- Potatoes
- Eggs
- Ground Beef



Sandwich

- English muffin
- Eggs
- Low fat sausage/bacon
- Sugar Free jelly or honey

SIMPLE LUNCH/DINNER MEAL EXAMPLES

the key is simplicity



Homemade Burger

- 93/7 Beef patty OR grilled chicken
- Sourdough Bun
- Lettuce, tomato, pickle +sugar free condiments
- Air fryer potatoes cut into fries-sugar free ketchup



Tacos

- Shredded chicken
- Bell peppers + onion
- Corn tortillas
- Rice and black beans on the side (or in the taco)



The Basics

- Chicken or beef
- Rice
- Veggie
- Super simple, just make sure you season and use sauces so it doesn't taste too bland!

SIMPLE SNACK EXAMPLES

the key is simplicity



On the go

- Option 1: Fruit
- Option 2: Protein Bar (just watch sugar content)
- Option 3: Protein Shake (or add some yogurt, almond milk and fruit and make it a smoothie!)



Feeling Snacky

- Option 1: Fruit
- Option 2: Protein Chips (personal fav brand is Quest)
- Option 3: Rice cakes



Sweet Tooth

- Option 1: Fruit
- Option 2: Dates
- Option 3: Anything in the ninja creami (you can find all kind of recipes all over the internet these days!, Or you can just use frozen fruit and make sorbet!)

FREQUENTLY

Asked Questions

How long can prepped meals last in the fridge?

Most prepped meals can last in the fridge for 3-5 days. It's important to store them in airtight containers to maintain freshness. If you need meals to last longer, consider freezing them.

What is the best way to reheat prepped meals?

You can reheat prepped meals using a microwave, stovetop, airfryer or oven. Personally I like to reheat my meals on a stovetop. But it also depends on the food you are reheating and what texture you want it to have. Microwave tends to make things softer, stovetop tends to make things crispier.

Can I freeze prepped meals?

Yes, many meals can be frozen to extend their shelf life. It's best to freeze meals in portion-sized containers to make reheating easier. Label the containers with the date and contents to keep track of what you have.

How do I keep my meals from getting soggy?

To keep meals from getting soggy, store dressings and sauces separately and add them just before eating. Layer salads with the heaviest ingredients at the bottom and greens at the top. Use paper towels to absorb excess moisture in containers with delicate vegetables.

WHERE DO I GET THESE THINGS?

Helpful Links

Here are a few helpful images to show you what to buy to make your meal prepping more efficient!

AMAZON



Bentgo® Prep 60-Piece Meal Prep Kit - Reusable Food Containers 1-Compartment, 2-Compartment, & 3-Compartment for Healthy Eating - Microwave, Freezer, & Dishwasher Safe (Floral Pastels)

[Visit the Bentgo Store](#)
4.6 ★★★★★ 1,498 ratings
Amazon's Choice in Bento Boxes by Bentgo
1K+ bought in past month

-25% \$29⁹⁹ (\$0.50 / count)
List Price: \$39.99

✓prime Same-Day
FREE Returns
Save 5% on 2 select item(s) [Shop items](#)



Bag Holder for Food Prep, Kitchen Gadget Baggy Rack Holder, Hands-Free Ziplock Stand, Comes with Quart & Gallon Sizes (2 Pack)

Brand: SOGUAOLO
4.4 ★★★★★ 94 ratings
50+ bought in past month

\$16⁹⁹
✓prime One-Day
FREE Returns

Pay \$16.99 \$0.00; get a \$200 Amazon Gift Card upon approval for the Amazon Business Prime Card. Terms apply. [Learn more](#)

Material	Plastic
Brand	SOGUAOLO



Ninja DZ071 Foodi 6-in-1 DualZone FlexBasket Air Fryer with 7-Qt MegaZone & Basket Divider, Large Proteins & Full Meals, Smart Finish Cook 2 Foods 2 Ways, Large Capacity, Air Fry, Bake & More, Black

[Visit the Ninja Store](#)

4.8 ★★★★★ 33,599 ratings

Amazon's Choice in Air Fryers by Ninja

2K+ bought in past month

-33% \$119⁹⁵

List Price: \$179.99

Or \$39.99/mo (3 mo). Select from 2 plans

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Roll over image to zoom in



VitaFit 33lbs Kitchen Food Scale Digital Weight Grams and Ounces for Weight Loss, Weighing Professional Since 2001, Cooking, Baking and Keto, Batteries Included, Black

[Visit the VitaFit Store](#)

4.5 ★★★★★ 3,234 ratings

Amazon's Choice in Digital Kitchen Scales by VitaFit

1K+ bought in past month

\$9⁹⁹

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FREE Returns

Coupon: ☐ Apply 10% coupon Shop items | Terms

Thank you for being a Prime Member. Pay \$9.99 **\$0.00** for this order; get a **\$200 Amazon Gift Card** upon approval for the Amazon Business Prime Card. Terms apply. Learn more



16oz Oil Dispenser Bottle for Kitchen - 2 in 1 Olive Oil Dispenser and Oil Sprayer - 470ml Olive Oil Bottle - Oil Sprayer for Cooking, Kitchen, Salad, Barbecue Black

[Visit the TrendPlain Store](#)

4.4 ★★★★★ 3,201 ratings

#1 Best Seller in Oil Dispensing Oil Sprayers

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List Price: \$9.99

✓prime One-Day

FREE Returns

Pay \$8.99 **\$0.00**; get a **\$200 Amazon Gift Card** upon approval for the Amazon Business Prime Card. Terms apply. Learn more

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Office Hours

📅 M - F 7:00am - 5:00pm CST

Response Time

🕒 24 - 48 hours

Hopefully this guide has answered some of your questions, but do not ever hesitate to reach out! I want you to ask all the questions and learn as much as you can about your health and how to make this lifestyle fit your schedule! Meal prepping can be daunting, but these tips will help take some of the stress off! And if you have some of your own tips, I would love to add them so please let me know!

Paige

