



# BEGINNERS GUIDE TO MEAL PREPPING

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# Beginners Guide to Meal Prepping

A goal without a plan is just a wish! In this free guide, you will learn how to set yourself up for success without spending all weekend in the kitchen!

## Step One: Pick 3 Staple Recipes That Look Good To You

Pick One: Breakfast	Pick Two: Proteins	Pick One: Starch
<p><b>Examples:</b></p> <p><u>Amish Oatmeal</u></p> <p><u>Double Chocolate Chip Overnight Oats</u></p> <p><u>Egg Muffins</u></p>	<p><b>Examples:</b></p> <p><u>Pulled Chicken</u></p> <p><u>Egg Roll in a Bowl</u></p> <p><u>Meatloaf Muffins</u></p>	<p><b>Examples:</b></p> <p><u>Roasted Butternut Squash</u></p>



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## Step Two: Next Plan Your Staples, Snacks & Veggies

Once you have your few recipes made, you want to be able to pair them with your staples. For example, you might get 3-4 bell peppers to cut them up and have with lunch or a few heads of broccoli to have roasted broccoli for dinner.

### Veggies

**Examples:**

broccoli, peppers, cucumbers, carrots, cauliflower, mushrooms

### Starches/Starchy Veggies

**Examples:**

sweet potato, butternut squash, beans, quinoa or brown rice

### Fruit

**Examples:**

berries, orange, apple, pear, banana, grapes

### Healthy Fat

**Examples:**

olive oil, almonds, avocado, cashews, pecans, nut or seed butter





## On-The-Go Snacks

### Examples:

- Low sugar greek yogurt
- RX Bar
- Perfect Bar
- RX Oatmeal
- Turkey jerky with fruit
- Turkey roll-ups with avocado and peppers
- Hard boiled egg with fruit
- Hummus and veggies

## Step Three: Do An Inventory In Your Pantry & Refrigerator

What do you have? What do you need? Then make a list!

### Example Grocery List

#### Protein

- Chicken - 2 pounds chicken breast
- Beef - lean, ground, sirloin steak

#### Veggies

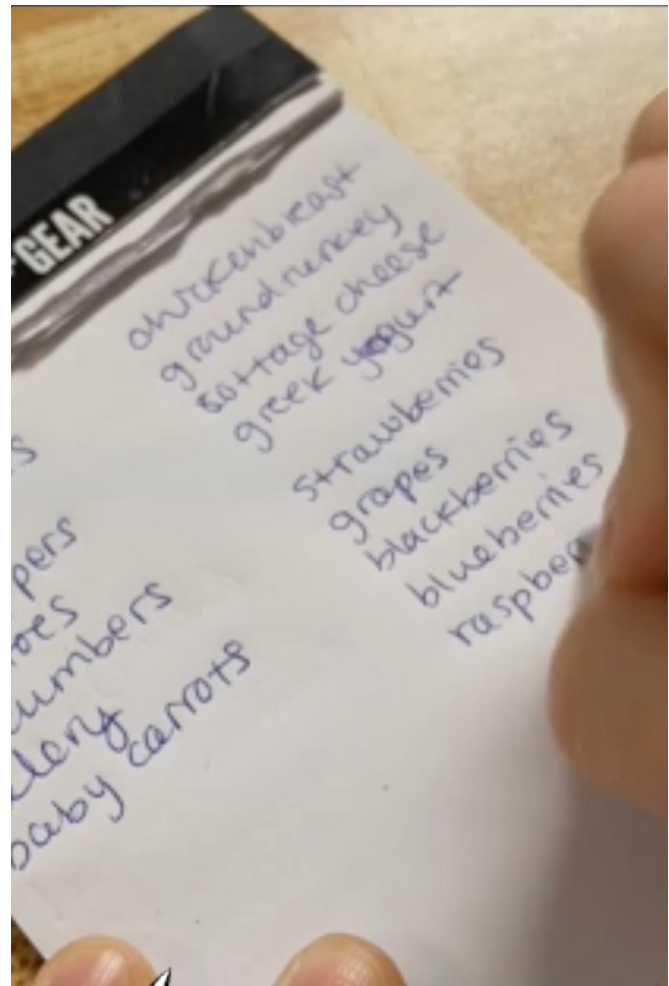
- Broccoli/Cauliflower
- Cucumber/Peppers

#### Fruits

- Berries
- Apples

#### Misc

- Rice - brown
- Nut or seed butter



# Grocery List



## Protein

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## Fruits & Starch

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## Nonstarchy Veggies

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## Misc

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## Step Four: Go Grocery Shopping

Bring your list and stick with it! Don't go grocery shopping when hungry as it will make it hard to stay on track.

Try to shop mostly the perimeter of the grocery store focusing on the whole foods (veggies, fruits, nuts, seeds, meat, dairy). You want to load up your cart with mostly veggies, protein, some fruit, little starch and healthy sources of fat.

Before putting anything in your cart, take a minute to read the nutrition facts label. While some foods have health claims on the front like "whole grains" or "good source of vitamin C" it could be loaded with sugar.





# How to Read a Nutrition Facts Label

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
Amount per serving	
<b>Calories</b>	<b>110</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to Percent Daily Value (%DV)  
• 5% or less is low  
• 20% or more is high

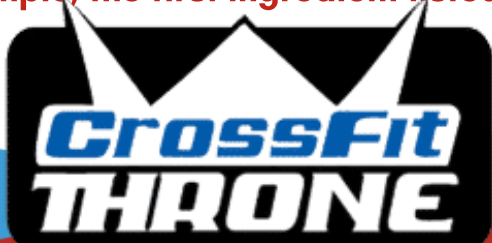
**1** Serving Information contains the number of servings in the package and the serving size. All the nutrition information that is listed on the label, including the number of calories, refers to the size of the serving.

**2** Calories provide a measure of how much energy you get from a serving of food. The number of calories that you consume depends on the number of servings that you eat.

**3** Saturated fat, sodium, and added sugars are nutrients identified to consume less of. Dietary fiber, vitamin D, calcium, iron, and potassium are nutrients identified to consume more of. Total Sugars on the Nutrition Facts label includes sugars present naturally as well as any added sugars that may be present in the product.

**4** The % Daily Value is the percentage of the Daily Value for each nutrient in a serving of a food. It shows how much a nutrient in a serving of a food contributes to a total daily diet and helps you determine if a serving of food is high or low in a nutrient.

**Pro Tip: When looking at a product label, the ingredients are listed in order of predominance. For example, the first ingredient listed is the most abundant.**



## Step Five: Meal Prepping

How many times have you bought something healthy with great intentions then it goes bad in the fridge? We are all guilty of this!

Instead, after you finish shopping, plan time to cut, wash and prep your meals for the week.



### Timing:

If you are doing a crockpot meal, like pulled chicken, go ahead and start that first. From there, start prepping anything that goes in the oven.

While all of that is cooking, wash, cut, and portion your fruits and veggies for the week.

Here's What It Might Look Like:

1. Start Pulled Chicken (10 minutes prep & cook for 4 hours)
2. Cut veggies for egg muffins
3. Bake egg muffins (Total prep and cook time: 25 minutes)
4. Prep Egg Roll In A Bowl (Total prep and cook time: 15 minutes)
5. Finish preparing and cutting veggies for the week



# ADDITIONAL FREE HELP

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WHAT DOES NUTRITION COACHING LOOK LIKE  
WITH CROSSFIT THRONE NUTRITION?

**[HOW IT WORKS](#)**

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# Here's What Clients Are Saying:

Regan Cristian said: "My nutrition coach Heather showed me how to eat the food that I was already eating in ways that I could eat healthier but much easier to comprehend than others I've tried before in the past. **Nutrition coaching gave me the confidence boost in myself that made me proud.**"

## We Want To Help You Too! Getting Started Is Easy....

1

Apply For Coaching

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2

Work With Your Coach To Create A Customized Plan Just For You

3

Finally See The Results You Are Looking For & Take Control Of Your Health

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