

## MEAL PREP TIPS

1

*Be realistic in your expectations.*

5

*Keep it simple.*

2

*Create a library of your go-to or favorite meals.*

6

*Schedule a time to meal prep.*

3

*Stock Up on Meal Prep Essentials*

(MEAL PREP CONTAINERS, BENTO-STYLE MEAL PREP CONTAINERS, MASON JARS, ETC.)

7

*Get organized & make lists.*

4

*Stock Up on Meal Prep Essentials*

8

*Know your lifestyle and incorporate healthy options.*

# Weekly Meals & Workout

Team  
CONQUER YOUR FITNESS

WEEK OF: \_\_\_\_\_

	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Snack							
Workout							

# Weekly Meal Planner

Monday

B	
L	
D	

Tuesday

B	
L	
D	

Wednesday

B	
L	
D	

Thursday

B	
L	
D	

Friday

B	
L	
D	

Saturday

B	
L	
D	

Sunday

B	
L	
D	

Shopping List:

# WELCOME TO A HEALTHIER & HAPPIER *YOU!*

THE PORTION-CONTROL CONTAINERS HELP TO TAKE THE GUESSWORK OUT OF THE NUTRITION AND THE TRACKING THAT CAN REALLY BE OVERWHELMING. PLANNING AHEAD AND USING THESE CONTAINERS CAN LEAD TO A CONFIDENT KITCHEN. AND WHEN YOU ARE CONFIDENT IN CREATING A HEALTHY KITCHEN, YOU WILL BE SUCCESSFUL IN YOUR GOALS.

REFER TO THE COORDINATING MEAL PLAN WITH YOUR WORKOUT PROGRAM OF CHOICE.

VEGETABLES  
1 CUP

PROTEINS  
3/4 CUP

CARBS  
1/2 CUP

FRUITS  
1 CUP

FATS  
1/3 CUP

SEEDS &  
DRESSINGS  
2 TBSP



1 TSP OIL



# Team

## CONQUER YOUR FITNESS

Kale	Artichokes
Collards	Eggplant
Spinach	Okra
Brussel Sprouts	Jicama
Broccoli	Snow Peas
Asparagus	Cabbage
Beets	Cucumbers
Tomatoes	Celery
Squash	Lettuce
String Beans	Mushrooms
Peppers	Radishes
Carrots	Onions
Cauliflower	Sprouts
Raspberries	Grapes
Blueberries	Kiwi fruit
Blackberries	Mango
Strawberries	Peach
Watermelon	Nectarine
Cantaloupe	Pear
Orange	Pineapple
Tangerine	Banana
Apple	Papaya
Apricots	Figs
Grapefruit	Honeydew Melon
Cherries	
Sardines	Tempeh
Chicken Breast	Tofu
Turkey Breast	Pork Loin
Ground Chicken	Tuna
Ground Turkey	Turkey Slices
Wild Fish	Ham Slices
Wild Game	Ricotta Cheese
Eggs	Cottage Cheese
Greek Yogurt, plain	Protein Powder
Yogurt, plain	Veggie Burger
Shellfish, Clams	Turkey Bacon
Lean Red Meat	Shakeology
Ground, Lean Beef	
Pumpkin Seeds	Olives
Sunflower Seed	Peanuts
Sesame Seeds	Coconut
Flaxseed	

Sweet Potato	Bulgar
Yams	Steel Cut Oats
Quinoa	Rolled Oats
Beans	Pasta (wg)
Lentils	Couscous Crackers (wg)
Edamame	Cereal (wg)
Peas	Bread (wg)
Refried Beans	Pita Bread (wg)
Brown Rice	Waffles (wg)
Wild Rice	Pancakes (wg)
Potato	English Muffins (wg)
Corn	Bagel (wg)
Amaranth	Tortilla (wg)
Millet	Corn Torilla
Buckwheat	
Barley	

Avocado	Coconut Milk
Almonds	Feta Cheese
Peanuts	Goat Cheese
Pistachios	Mozzarella
Pecans	Cheddar
Walnuts	Provolone
Hummus	Monterey Jack
Parmesan	

Extra Virgin Olive Oil	Pumpkin seed oil
Coconut Oil	Nut butters
Flaxseed Oil	Seed butters
Walnut Oil	

Water	Spices
Lemon & Lime Juice	Garlic
Vinegars	Ginger
Mustard	Hot Sauce (tobasco)
Herbs	Flavor Extracts

Notes:  
Avoid the inner aisles of the grocery store

(wg) stands for whole grain

Use salt-free spices only

*This is not a complete list and only serves as a guide.*