



Meal Prep Guide

**LEARN HOW TO MEAL PREP
WITHOUT THE STRESS**



THIS IS YOUR GO TO GUIDE TO LEARN HOW TO MEAL PREP PROPERLY. WITHOUT THE STRESS.

USE THIS TO HELP YOU PLAN YOUR MEALS BETTER AND KEEP NOURISHING YOUR BODY.

Maddy Bowler



MEAL PREP TIPS AND TRICKS FOR GYM ENTHUSIASTS

WELCOME TO YOUR JOURNEY OF FUELING
YOUR WORKOUTS WITH NUTRITIOUS AND
DELICIOUS HIGH-PROTEIN MEALS!

PROPER MEAL PREPARATION CAN MAKE ALL
THE DIFFERENCE IN REACHING YOUR
FITNESS GOALS.

THIS GUIDE IS HERE TO HELP YOU NAVIGATE
THE WORLD OF MEAL PREP, MAKING IT EASY
AND ENJOYABLE.





WHY MEAL PREP MATTERS:

EFFICIENT MEAL PREP SAVES TIME, ENSURES BALANCED NUTRITION, AND KEEPS YOU ON TRACK WITH YOUR FITNESS GOALS. LET'S DIVE INTO SOME TIPS AND TRICKS TO MAKE YOUR MEAL PREP A BREEZE!

TIP 1: PLAN YOUR MEALS:

TAKE SOME TIME EACH WEEK TO PLAN YOUR MEALS. CONSIDER YOUR PROTEIN INTAKE, AND BALANCE IT WITH HEALTHY FATS AND COMPLEX CARBOHYDRATES.

SUNDAY IS YOUR PLANNING DAY. JOT DOWN YOUR MEALS FOR THE WEEK, ENSURING EACH INCLUDES A GOOD PROTEIN SOURCE.

TIP 2: EMBRACE BATCH COOKING:

COOK LARGER PORTIONS AND STORE THEM FOR LATER. THIS SAVES TIME AND ENSURES YOU ALWAYS HAVE A HIGH-PROTEIN OPTION ON HAND.

GRILL OR BAKE A BATCH OF CHICKEN BREASTS OR TOFU. PORTION THEM INTO CONTAINERS FOR QUICK AND EASY ACCESS.

TIP 3: DIVERSIFY YOUR PROTEINS:

INCLUDE A VARIETY OF PROTEIN SOURCES IN YOUR MEALS TO KEEP THINGS INTERESTING AND ENSURE YOU GET A RANGE OF NUTRIENTS.

ROTATE BETWEEN CHICKEN, LEAN BEEF, FISH, EGGS, AND PLANT-BASED PROTEINS LIKE BEANS OR LENTILS.



WHY MEAL PREP MATTERS:

TIP 4: INVEST IN QUALITY CONTAINERS:

PURCHASE DURABLE, LEAK-PROOF CONTAINERS FOR STORING YOUR MEALS. THIS MAKES IT EASY TO GRAB AND GO.

INVEST IN GLASS OR BPA-FREE PLASTIC CONTAINERS WITH COMPARTMENTS FOR DIFFERENT FOOD ITEMS.

TIP 5: PRE-CUT AND PREP INGREDIENTS:

WASH, CHOP, AND PREP YOUR VEGETABLES, FRUITS, AND PROTEINS IN ADVANCE FOR QUICKER ASSEMBLY DURING THE WEEK.

SPEND SOME TIME ON SUNDAY WASHING AND CHOPPING VEGGIES FOR SALADS, STIR-FRIES, OR SNACKS.

TIP 6: KEEP IT BALANCED:

AIM FOR A BALANCED PLATE WITH PROTEIN, HEALTHY FATS, AND CARBOHYDRATES. THIS PROVIDES SUSTAINED ENERGY FOR YOUR WORKOUTS.

PAIR GRILLED SALMON WITH QUINOA AND ROASTED VEGETABLES FOR A WELL-ROUNDED MEAL.

BY INCORPORATING THESE MEAL PREP TIPS INTO YOUR ROUTINE, YOU'LL NOT ONLY SAVE TIME BUT ALSO SUPPORT YOUR FITNESS JOURNEY WITH DELICIOUS AND NUTRIENT-PACKED MEALS.

REMEMBER, PREPARATION IS THE KEY TO SUCCESS!



WHY MEAL PREP MATTERS:

FOR MORE RECIPES AND INSPIRATION, FOLLOW OUR
SOCIAL MEDIA CHANNELS AND CHECK OUT OUR
WEBSITE.

HAPPY PREPPING!

MADDY BOWLER



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Movement with Maddy