



NOURISHING LAB MEAL PREP

www.nourishinglab.com

Life is challenging and that makes it difficult to live a healthy lifestyle. Following through on your goals and actually fulfilling them can be disconnected.

I have a solution that will help with reducing your cravings and binge eating.

ONE DAY MEAL PREP 101:

What is meal prepping? Basically, it is prepping all your meals and snacks for the week on 1 day out of the week. It is planning, preparing and packing your meals and snacks in advance. Make a date with your kitchen and prep your meals. It can be very therapeutic and relaxing if you listen to music or turn on the television.

At first, this may seem like a daunting task, so I suggest:

- 1 Starting with one meal that you find the most challenging. You do not have to cook and freeze 30 meals in one day. That would drive anyone crazy.
- 2 Schedule a day when you will have about 2 hours free to do the prep work.
- 3 Choose foods that you enjoy!

IN THE END THIS WILL:

- 1 Save you time during the week.
- 2 Keep you on track with your health goals
- 3 Provide consistency
- 4 Reduce stress
- 5 Be an investment for your health
- 6 Bring a variety to your meals

A DAILY DOSE
NOURISHING
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FOR YOUR SOUL



BREAKFAST

Breakfast is always on the run in my house. A trick I use for my morning smoothies is to combine the vegetables, fruit and dry ingredients in a small freezer bag and then add the liquid in the morning.

- Pre-Workout Smoothie:
 - Oatmeal- rolled oats, steel cut oats, buckwheat
 - Hard boiled eggs
 - Muesli
 - Chia Seed pudding
 - Quinoa with almond milk and topped with roasted veggies or nuts
 - Egg muffins
- 2- 3 kale leaves
 - 1 bunch spinach
 - ½ cup blackberries
 - ½ beet and beet greens
 - 2 TBS hemp seeds
 - 1 TBS coconut oil
 - 16 ounces coconut water

LUNCH/DINNER:

Here are examples of quick lunches that you can throw together from the vegetables and carbohydrates that you have prepared at the beginning of the week.

- **Large Tossed Salad** - Tofu, kale, avocado, millet, feta cheese drizzle with balsamic vinegar or olive oil and lemon or olive oil and apple cider vinegar. Put in a glass mason jar and take it on the road with you.
- **Vegetarian Wrap** - Brown rice, lentils, avocado and lettuce spread with hummus or nut butter on a vegetable wrap.
- **Protein Bowl** - Chicken stir fry with cauliflower rice and scrambled eggs drizzled with sesame oil and soy sauce.
- **Vegetarian Bowl** - Avocado, sweet potato, broccoli, hard boiled egg and sautéed tofu drizzled with tahini and olive oil. Sprinkle with quinoa and pomegranate.

SNACKS

- **Homemade trail mixes** - raw nuts/seeds, dried fruit, shredded coconut
- **Small size bags of homemade granola**
- **Small packets of almond butter.** I like Justin's nut butters.
- **Smoothies**
- **Gluten free crackers**

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HOW TO MEAL PREP:

MEAL PREP WITH QUINOA, ROASTED VEGETABLES, SWEET POTATOES, GRANOLAS

Cook these foods plain or as simple as possible on a Sunday in preparation for the week. Then when meal times comes around during the week you can change it up and add whatever appeals to you.

MEAL PREP FOR QUINOA:

This can also be done with brown rice, faro, millet and sweet potatoes.

MONDAY: Quinoa stir-fry with tamari, any sliced veggies, scrambled eggs and sprinkled with cashews.

TUESDAY: Quinoa Bowl: Corn burrito bowl with tempeh or chicken and veggies topped with guacamole.

WEDNESDAY: Quinoa with pasta sauce and added veggies and/or beef.

THURSDAY: Use quinoa on the side with grilled fish and add veggies.

FRIDAY: Quinoa stir-fry with baked potatoes, pistachios, pomegranate and spinach tossed with a lemon vinaigrette.

MEAL PREP USING ROASTED VEGETABLES:

You can use any vegetables. I prefer turnips, brussel sprouts, carrots red and yellow peppers and pumpkin.

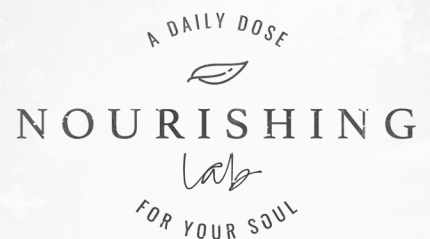
- Puree into a roasted veggie mash
- Top on any salad
- As a snack dipped in hummus
- Pureed into soup with vegetable stock or chicken broth

MEAL PREP WITH BAKED SWEET POTATOES:

- Puree into mashed sweet potato
- Top on salads
- As a snack with tahini or almond butter
- Blended into a smoothies

MEAL PREP WITH GRANOLA OR TRAIL MIXES:

- Add to nut milk
- Add with dried fruit and shredded coconut
- Add dark chocolate for a sweet snack



Now that you have the basics, you can switch it up with whatever you may have in the fridge and add herbs and spices and condiments.

I am an email away and would be a happy to set up a specific plan for you!