



complete

MEAL PREP GUIDE

THEREALFOODRDS.COM



INCLUDES RECIPES, DONE-FOR-YOU GROCERY LIST, STEP-BY-STEP PREP CHECKLIST, MEAL PLAN EXAMPLE, AND A TEMPLATE FOR FUTURE MEAL PREP PLANNING!

Welcome!

We're so glad you're here. We know that in today's day and age you have so many resources at your fingertips when it comes to different menus and meal plans as well as healthy, family-friendly, meal prep recipes. So, the fact that you're reading this now warrants a huge, "Thank you!" from us.

This isn't just another recipe ebook. This is a step-by-step guide to show you exactly how to complete a meal prep in a timely and efficient manner. All too often we hear that what's stopping you from meal prepping is that it's intimidating, it takes too much time, you don't know where to start, and so on. This is exactly why we decided to turn the idea of this meal prep guide into a reality!

We want to help you become a master of meal prep. It's something we've personally been doing for several years, with no plans of stopping. We want to inspire you to give weekend meal prepping a try, to help you fill your fridge with healthy and prepared foods as you enter another busy week.

Meal prepping is a key practice in our lives that helps us to eat healthy and wholesome meals all week long. Our goal is to help you feel less overwhelmed with the concept of meal prepping and more excited to find your own meal-prepping groove.

In this guide, we walk you every step of the way through the meal prep process and provide you with recipes, a grocery list, and clear direction as to how to complete it. At the end of this guide, we give you tips and templates on planning so you can complete all of your future meal preps with grace and confidence.

We hope you enjoy this ebook and find it to be a helpful resource as you complete your 1st, 5th, or 100th meal prep!

Let's get meal prepping!

Jess & Stacie
The Real Food Dietitians



Share Your Meal Prep!

If you complete this meal prep, snap a photo, post it and tag us @therealfoodrds

Why meal prep

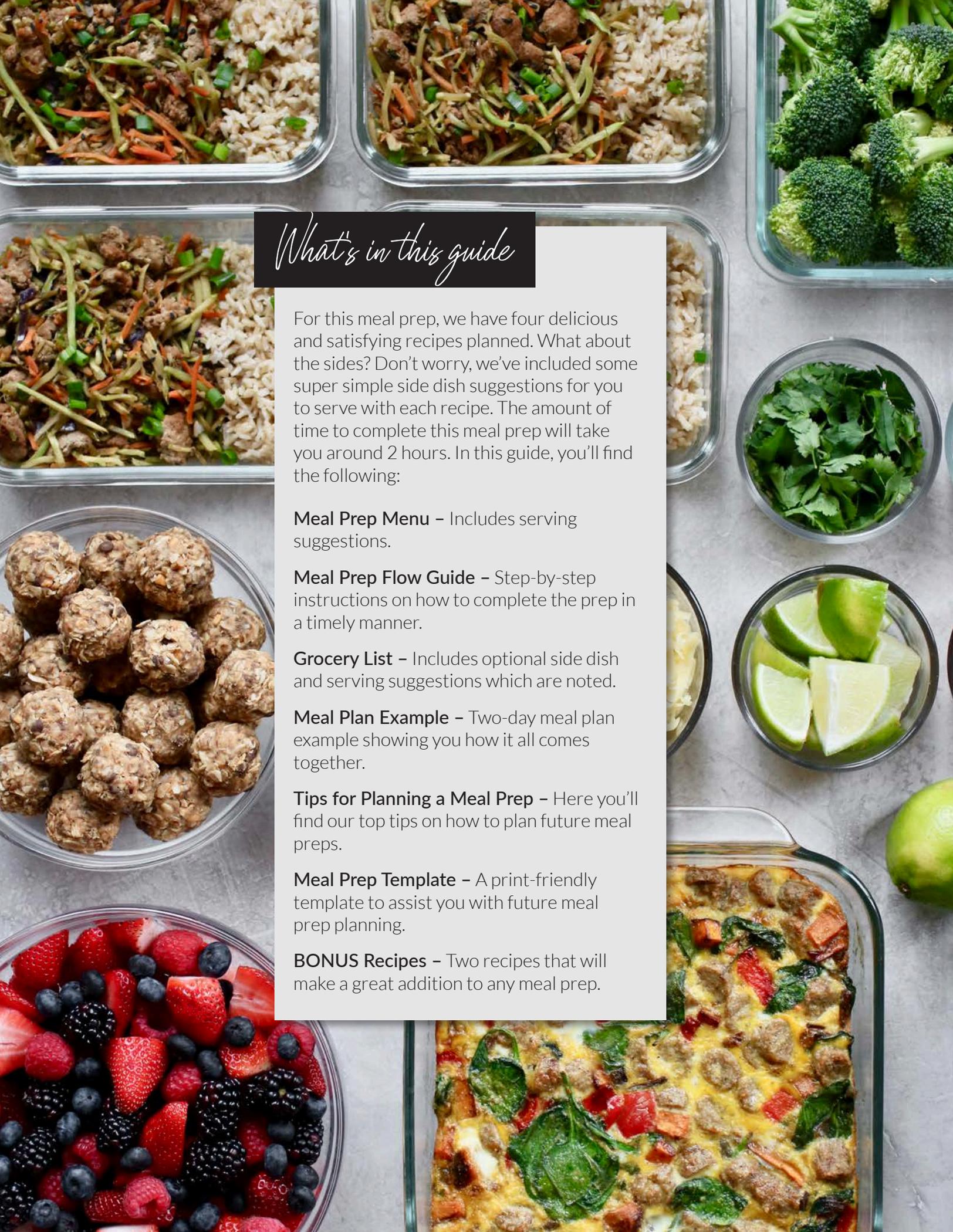
Weekend meal prepping... your answer to eating healthy and delicious food all week long.

You may be wondering why you would want to designate a couple of hours on the weekend (or whatever day you choose) to meal prep, so here are a few reasons why the time you spend on meal prepping is time well spent.

5 meal prep perks

- **You'll have a fridge full of ready-to-eat food for the week ahead.** Foods that will nourish your body (and your family's bodies), fuel your workouts, and make the healthy choice the easy choice all week long.
- **You'll save time during the week.** While this meal prep won't last you the entire week and you'll likely have to add some additional meals, it will give you a great start. This will open up time in your evenings for activities like going for a walk, reading a book, spending time with family, tidying up the house, or whatever it is that you love (or need) to do.
- **You'll reduce food waste** because you'll be more aware of what you have on hand and what you need to use up before it reaches its expiration date.
- **You'll save money.** Knowing what you have on hand and what you need to use up will help you avoid doubling up on ingredients or making impulse purchases at the grocery store—as long as you stick to your grocery list.
- **You'll reduce your stress.** Knowing that you have a fridge full of healthy foods at your fingertips is just a really good feeling. You'll always have the answer to the, "What's for dinner?" question!



The background of the page is a collage of various meal prep items. At the top, there are several glass containers filled with rice, meat, and shredded vegetables like carrots and green beans. To the right, there's a container of fresh broccoli. Below that, a small bowl contains fresh cilantro leaves. Next to it is another small bowl with sliced lime wedges. In the bottom left corner, there's a bowl of fresh berries including strawberries, blueberries, and raspberries. In the bottom right corner, there's a large glass dish containing a cooked meal, possibly a quiche or frittata, with visible ingredients like spinach, tomatoes, and meat. The text is overlaid on a white rectangular area in the center of the image.

What's in this guide

For this meal prep, we have four delicious and satisfying recipes planned. What about the sides? Don't worry, we've included some super simple side dish suggestions for you to serve with each recipe. The amount of time to complete this meal prep will take you around 2 hours. In this guide, you'll find the following:

Meal Prep Menu - Includes serving suggestions.

Meal Prep Flow Guide - Step-by-step instructions on how to complete the prep in a timely manner.

Grocery List - Includes optional side dish and serving suggestions which are noted.

Meal Plan Example - Two-day meal plan example showing you how it all comes together.

Tips for Planning a Meal Prep - Here you'll find our top tips on how to plan future meal preps.

Meal Prep Template - A print-friendly template to assist you with future meal prep planning.

BONUS Recipes - Two recipes that will make a great addition to any meal prep.

MEAL PREP MENU

SWEET POTATO TURKEY SAUSAGE EGG BAKE

Serving suggestion:
Serve with a side of fresh fruit and top with sliced avocado and a drizzle of hot sauce.

EASY EGG ROLL IN A BOWL

Serving suggestion: Serve with regular rice or cauliflower rice and top with a little hot sauce.

INSTANT POT (OR SLOW COOKER) CHICKEN TACOS OR BOWLS

Serving suggestion:
Serve over a bed of greens and cauliflower rice or regular rice, top with your favorite fixings. Alternatively, serve in a tortilla of choice with your favorite fixings.

PEANUT BUTTER CHOCOLATE CHIP ENERGY BITES

Serving suggestion:
Enjoy as a quick snack along with some fresh fruit or veggies.

TIME TO COMPLETE THE PREP: ABOUT 2 HOURS



GROCERY LIST

Here's everything you'll need to make the recipes. Be sure to add any additional items you might need such as fixings and toppings for the tacos. Ingredients on the grocery list are numbered to indicate which recipe they're used in: (1) Sweet Potato Turkey Sausage Egg Bake, (2) Easy Egg Roll in a Bowl, (3) Chicken Tacos or Bowls, (4) Peanut Butter Chocolate Chip Energy Bites.

PROTEIN:

- ½ lb. turkey sausage (or breakfast meat of choice)¹
- 7 whole eggs¹
- 1 lb. ground chicken, pork or turkey²
- 2 lbs. boneless, skinless chicken breasts or thighs³
- _____
- _____

PRODUCE:

- 1 medium sweet potato¹
- ½ small red onion¹
- ½ red bell pepper¹
- 4 cups spinach leaves¹
- 8 green onions²
- 5 cloves garlic²
- 3 tsp. grated fresh ginger² (or 1 tsp. ground ginger)
- 2 (12-ounce) bags broccoli slaw or coleslaw mix²
- Fresh cilantro^{2,3} – *optional*
- Extra veggies for snacking, roasting, adding to meals, etc.
- Berries or fruit of choice – *optional*
- Avocado(s)^{1,3} – *optional*
- _____
- _____

CANNED, DRY, PANTRY & FROZEN:

- cooking fat of choice
- ½ cup coconut aminos (or tamari)²
- 2 Tbsp. toasted sesame oil²
- 2 Tbsp. rice vinegar²
- Sesame seeds² – *optional*
- Rice or cauliflower rice^{2,3} – *optional*
- 1 cup salsa of choice³
- 1 cup creamy peanut butter⁴

- ¼ cup maple syrup⁴
- 1 tsp. pure vanilla extract⁴
- 1¾ cups oats⁴
- ¼ cup flaxseed meal (or flour of choice)⁴
- ½ cup mini chocolate chips⁴
- 1 Tbsp. chia seeds⁴
- _____
- _____
- _____
- _____

SEASONINGS & SPICES:

- ½ tsp. Chinese 5-spice powder*²
- 2 tsp. ground cumin³
- 2 tsp. chili powder³
- 1 tsp. garlic powder³
- ¼ tsp. cayenne pepper³
- _____
- _____

*For the Chinese 5-spice powder, you may sub a pinch of cinnamon, cloves, fennel, ground anise, and pepper OR just use what you have on hand of these spices.

CHICKEN TACO FIXINGS & TOPPINGS:³

- Fresh chopped veggies of choice such as fresh cilantro, olives, avocado, jalapenos, fresh salsa, lime wedges, etc.³
- Salad greens or leaf lettuce³
- Tortillas or tortilla chips³ – *Optional*
- Refried or black beans, canned³ – *Optional*
- Shredded cheese³ – *Optional*
- _____
- _____
- _____
- _____

MEAL PREP FLOW GUIDE

Follow these 14 steps below to complete the meal prep in a timely manner. Check off the tasks as you complete them.

- ❑ **Step 1:** Read through the recipes so you know what to expect.
- ❑ **Step 2:** Preheat the oven to 400°F for the Sweet Potato Turkey Sausage Egg Bake.
- ❑ **Step 3 (Optional):** If serving Egg Roll in a Bowl with rice, get that started on the stovetop following package instructions.
- ❑ **Step 4:** Gather the ingredients for the Chicken Tacos (just the meat portion). Decide if you're going to cook it in the slow cooker or the Instant Pot. Follow the recipe as written.
- ❑ **Step 5:** Once the chicken taco meat is cooking, gather all of the ingredients for the Egg Bake and follow the recipe.
- ❑ **Step 6:** Once the Egg Bake is in the oven, take a few minutes to do a quick clean-up.
- ❑ **Step 7:** If using the Instant Pot for the Chicken Tacos, shred the chicken and place it back into the juices (Instant Pot should be turned off). Let the chicken sit in the juices while continuing on with the prep.
- ❑ **Step 8:** Gather the ingredients for the Egg Roll in a Bowl and follow the recipe.
- ❑ **Step 9:** While Egg Roll in a Bowl is cooking, gather the ingredients for the Peanut Butter Chocolate Chip Energy Bites and follow the recipe taking breaks as needed to tend to the Egg Roll in a Bowl.
- ❑ **Step 10:** Once the Egg Roll in a Bowl is done, divide the rice and Egg Roll in a Bowl into 4 individual containers or two large containers (one for the rice and one for the Egg Roll in a Bowl). Set the containers aside and let cool before transferring to the fridge.
- ❑ **Step 11:** Transfer the Chicken Tacos to a large container. Prepare the taco toppings and fixings of your choice. Store in separate containers. Place in the fridge. If adding avocado, wait to slice or cube until just before serving.
- ❑ **Step 12:** Cover the Egg Bake once it has cooled and then place it in the fridge. If you'd like, you could also divide this among individual containers. Store the Peanut Butter Chocolate Chip Energy Bites in a large airtight container and place it in the fridge.
- ❑ **Step 13:** Prep and wash any fruit and extra veggies you have on hand for easy snacking, adding to meals, adding to salads, etc.
- ❑ **Step 14:** Clean the kitchen, put your feet up, and feel good about what you just accomplished!

You'll find the recipes on the next few pages. Each recipe is perfect for two people as is, however, if you're prepping for a family of 4 or more we've included recommendations on how to adapt the recipe to suit your needs. You'll also find serving suggestions as well as instructions on how to store, reheat, freeze, and how to reheat from frozen if applicable.



Sweet Potato Turkey Sausage Egg Bake

Egg bakes are great for meal prepping. They reheat well, and it's easy to change up the ingredients to use what you have on hand. Feel free to follow the recipe as written or make it your own using what you have or what sounds good to you. If you wish, add some cheese!

Serving suggestion: Serve with a side of berries or fruit of choice, and top with sliced avocado and a drizzle of hot sauce.

MEAL: BREAKFAST, LUNCH, OR DINNER || SERVES 4 || PREP TIME: 25 MINS. || COOK TIME: 16-18 MINS.

INGREDIENTS

- ½ Tbsp. cooking fat of choice
- 1 medium sweet potato, cubed small (~2 cups cubed)
- ½ lb. turkey sausage of choice*** (may sub any breakfast meat)
- ½ small red onion, sliced or diced (about ~½ cup)
- ½ red bell pepper, sliced or diced (½-⅓ cup)
- 3-4 cups spinach leaves (2 big handfuls)
- 7 whole eggs
- Salt & pepper

DIRECTIONS

1. Preheat the oven to 400°F. Grease a 9×9-inch round or square glass baking dish with cooking spray.
2. In a medium skillet, heat the cooking fat of choice over medium-high heat. Once hot, add sweet potato cubes. Dash with salt. Cover and let cook for about 10-15 minutes or until sweet potatoes are slightly tender, stirring occasionally.
3. Meanwhile, in another skillet over medium-high heat, begin to brown the turkey sausage if it is raw. If pre-cooked, omit this step and simply crumble or chop.
4. Add the peppers and onions to the tender sweet potatoes and continue sautéing for 3-4 minutes.
5. Once peppers are soft and onions are translucent, add spinach and cook for 1-2 minutes or until spinach is wilted. Then stir in the cooked turkey sausage and remove the pan from heat.
6. In a bowl, crack the eggs, add a dash of salt and pepper, and whisk well to combine.
7. To the greased 9×9 baking dish, add the sweet potato and turkey sausage mixture. Then, pour the whisked eggs over the top. Make sure to submerge all of the ingredients so that they are covered with the eggs. Bake in the oven for 16-18 minutes or until the center is set.
8. Remove from the oven and serve immediately or allow to cool before storing.

HOW TO STORE

Allow egg bake to cool at room temperature for 45 minutes before covering the dish and storing it in the fridge for up to 4 days.

HOW TO REHEAT

Oven or Toaster Oven: Place a serving of egg bake in an oven-proof dish covered with foil. Place in a 350°F oven for 10-12 minutes or until heated through. If reheating the entire egg bake, increase cooking time by 7-9 minutes.

Stovetop: Place a serving of egg bake in a skillet over medium-high heat. Add 1 Tbsp. water and when water starts to simmer, reduce the heat to medium-low and cover with a lid. Cook for 4-5 minutes or until heated through.

Microwave: Place a serving of egg bake on a plate and microwave on high for 90 seconds or until heated through.

HOW TO FREEZE

Allow egg bake to cool at room temperature for 45 minutes. Slice egg bake into individual pieces. Place pieces in a freezer-safe container with parchment paper separating the pieces to prevent them from sticking together and place them in the fridge to cool completely before transferring to the freezer. May be frozen for up to 1 month.

HOW TO REHEAT FROM FROZEN

Oven or Toaster Oven: Place a serving of frozen egg bake in an oven-proof dish covered with foil. Place in a 350°F oven for 18-20 minutes or until heated through. If reheating the entire egg bake, increase cooking by 13-15 minutes.

Stovetop: Place a serving of egg bake in a skillet over medium-high heat. Add 1 Tbsp. water and when water starts to simmer, reduce the heat to medium-low and cover with a lid. Cook for 8-10 minutes or until heated through.

Microwave: Place a serving of egg bake on a plate and microwave on high for 2-3 minutes or until heated through.



Prepping for a family of 4 or more? Double this recipe and make it in a 9x13 dish instead of a 9x9.

Nutrition info (¼ of the recipe)

290 calories | 15 g fat | 4 g saturated fat | 400 mg sodium | 17 g carbs | 3 g sugar | 3 g fiber | 24 g protein
PALEO | DAIRY-FREE | GLUTEN-FREE | GRAIN-FREE | NUT-FREE | WHOLE30 | FREEZER-FRIENDLY

Easy Egg Roll in a Bowl

This is, hands down, one of our favorite meal prep recipes! Easy Egg Roll in a Bowl is veggie-loaded, super satisfying, incredibly easy to make, and makes the best leftovers! We like portioning it out into individual servings for an easy reheat-and-eat meal. Broccoli slaw works great in this recipe, however, you can also substitute any shredded veggies of choice such as cabbage and carrots.

Serving suggestion: Serve with over rice or cauliflower rice. Garnish with sesame seeds, cilantro, and a drizzle of hot sauce if you wish.

MEAL: LUNCH OR DINNER || SERVES 4 || PREP TIME: 10 MINS. || COOK TIME: 20 MINS.

INGREDIENTS

- 1 lb. ground chicken, turkey or pork
- 2 tsp. cooking fat of choice
- 8 green onions, sliced; white/light green and green parts separated
- 3 tsp. grated fresh ginger
- 5 cloves garlic, minced
- 2 (12-ounce) bags broccoli slaw (or coleslaw mix)
- ½ cup coconut aminos*, plus more for serving
- 2 Tbsp. toasted sesame oil
- 2 Tbsp. rice vinegar
- ½ tsp. Chinese 5-spice powder**
- *Optional:* Sesame seeds and/or fresh cilantro

*May substitute ¼ cup tamari + ¼ cup water for coconut aminos if desired.

**For the Chinese 5-spice powder, you may sub a pinch of cinnamon, cloves, fennel, star anise, and pepper OR just use what you have on hand of these spices.

DIRECTIONS

1. In a bowl, combine the coconut aminos (or tamari and water), sesame oil, rice vinegar, and Chinese 5-spice powder. Whisk to combine then set aside.
2. Place a large skillet over medium heat. When the pan is hot add the oil and white/light green parts of onions only. Stir fry for 3-4 minutes or until onions start to soften.
3. Add garlic and ginger and stir fry an additional 1 minute.
4. Add ground meat. Use a spoon or spatula to break the meat up into small pieces. Continue cooking 7-8 minutes, stirring occasionally, until the meat is cooked through and no longer pink.
5. Increase the heat to medium-high. Add broccoli slaw and sauce (from Step 1). Stir fry 6-7 minutes or until the slaw is crisp-tender or to your liking.
6. Stir in reserved sliced green onion tops. Remove from heat and garnish with sesame seeds and/or cilantro if desired.
7. Serve topped with additional coconut aminos or hot sauce if desired.

HOW TO STORE

Transfer to a storage container with lid (or meal prep containers) and allow it to cool for 30-45 minutes before covering and storing in the fridge for up to 4 days.

HOW TO REHEAT

Stovetop: Place in a skillet over medium-high heat. Add 1 Tbsp. water and when water starts to simmer, reduce the heat to medium-low and cover with a lid. Cook for 5-6 minutes, stirring occasionally, or until heated through.

Microwave: Cook on high for 90 seconds or until heated through.

Prepping for a family of 4 or more? Double this recipe if you'd like leftovers to enjoy. You'll likely need to use two large pans.

Nutrition info (¼ of the recipe)

335 calories | 17 g fat | 4 g saturated fat | 650 mg sodium | 19 g carbs | 11 g sugar | 6 g fiber | 27 g protein

PALEO | DAIRY-FREE | GLUTEN-FREE | GRAIN-FREE | EGG-FREE | NUT-FREE | WHOLE30

Instant Pot or Slow Cooker Chicken Tacos

You'll love that this recipe is super versatile in that you can serve it up several different and delicious ways including bowl-style, over a bed of greens, tucked in a lettuce wrap, or wrapped in your favorite tortilla. In addition, the topping and fixing options are endless!

Serving suggestion: Serve over a bed of greens, cauliflower rice, or rice and top with your favorite taco fixings. You could also serve the meat tucked into a lettuce leaf or wrapped in a tortilla of choice with toppings.

MEAL: LUNCH OR DINNER || SERVES 6-8 || PREP TIME: 10 MINS. || COOK TIME: 30 MINS. OR 4-5 HOURS

INGREDIENTS

- 2 lbs. boneless, skinless chicken breast or thighs
- 1 cup salsa of choice
- ¾ cup water or broth
- 2 tsp. ground cumin
- 2 tsp. chili powder
- 1 tsp. garlic powder
- ¼ tsp. cayenne pepper (*more for more heat*)
- ½ tsp. salt
- ¼ tsp. black pepper

Ingredients for serving bowl-style:

- Salad greens
- Rice or cauliflower rice
- Fixings: chopped veggies of choice, fresh cilantro, green onion, olives, avocado or guacamole, black beans, corn, fresh salsa, lime wedge, cheese, sour cream, crushed tortilla chips, etc.

DIRECTIONS

Instant Pot:

1. Place all ingredients, except the salad greens/lettuce and toppings, into the bottom of the Instant Pot insert. Lock the lid in place and flip the vent valve to the "Sealing" position.
2. Select the "High Pressure" setting then use the +/- buttons to adjust the cooking time up or down to 15-17 minutes (depending on how thick your chicken breasts are).
3. When cooking time is up, allow pressure to release naturally for 10-15 minutes before releasing any residual steam.
4. Carefully remove the lid once all steam has been released and shred the chicken with two forks right in the pot. If the meat seems watery, select the "Sauté" setting and cook for 5-8 minutes or until liquid is reduced.
5. Serve chicken taco meat bowl style over greens and rice (or cauliflower rice) or in a lettuce wrap (or tortilla) and top with desired fixings of choice.

Slow Cooker:

1. Place all ingredients except salad greens/lettuce and toppings in a slow cooker and cook on high for 4-5 hours.
2. Remove chicken and shred with 2 forks. Return to the slow cooker and cook on low for an additional 30 minutes.
3. Serve chicken taco meat bowl style over greens and rice (or cauliflower rice) or in a lettuce wrap (or tortilla) and top with desired fixings of choice.

HOW TO STORE

Transfer meat to a storage container with a lid and allow it to cool for 30-45 minutes (should be at room temperature) before covering and storing in the fridge for 4 days.

HOW TO REHEAT

Stovetop: Place meat in a skillet over medium-high heat. Add 3 Tbsp. water and when water starts to simmer, reduce the heat to medium-low and cover with a lid. Cook for 8-9 minutes, stirring occasionally, or until heated through.

Microwave: Cook meat in a bowl on high for 2-3 minutes or until heated through.

HOW TO FREEZE

Transfer the meat to a freezer-safe container with lid and allow it to cool at room temperature for 30-45 minutes before placing it in the fridge to cool completely. Once completely cooled, transfer to the freezer. May be frozen for up to 2 months.

HOW TO REHEAT FROM FROZEN

Remove the container from the freezer and allow the meat to thaw in the refrigerator overnight. Reheat as desired.

Prepping for a family of 4 or more? Double this recipe if you'd like leftovers to enjoy or freeze for later.

Nutrition info (1/8 or recipe meat portion using chicken breast)

135 calories | 1 g fat | 0 g saturated fat | 300 mg sodium | 3 g carbs | 1 g sugar | 0 g fiber | 26 g protein

PALEO | DAIRY-FREE | GLUTEN-FREE | GRAIN-FREE | NUT-FREE | EGG-FREE | WHOLE30 | FREEZER-FRIENDLY



Peanut Butter Chocolate Chip Energy Bites

Another favorite meal prep recipe combining the ever so popular duo of peanut butter and chocolate! These energy bites are full of nutritious ingredients like chia seeds and flax meal, and just a touch of sweetness from maple syrup. They make for a perfect little snack or treat.

Serving suggestion: Serve them however you'd like! We like to include them as part of a snack, pack them for on-the-go fuel, enjoy them as a treat after dinner, serve them along with a smoothie to satisfy the chew factor – OR crumble them over yogurt.

MEAL: SNACK OR TREAT || MAKES 24 BITES || PREP TIME: 15 MINS.

INGREDIENTS

- 1¾ cups rolled oats
- ¼ cup flaxseed meal (may sub additional oats)
- 1 Tbsp. chia seeds
- 1 cup natural peanut butter (may sub any nut or seed butter of choice)
- ¼ cup maple syrup (may sub honey)
- 1 tsp. pure vanilla extract
- ½ cup mini chocolate chips
- 2-3 Tbsp. water

DIRECTIONS

1. Add the oats to a food processor and pulse 10-15 times to break down the oats. Some oats will remain partially whole. This step is optional but recommended. If you don't have a food processor, you can use a blender or skip this step altogether.
2. In a medium bowl, combine all of the ingredients. Mix with a spoon, in a mixer on low-speed or with your hand until well combined (we think that using your hands works best).
3. Roll the dough firmly into 24 small bites (about 2-3 tablespoons per bite). *Note: If the dough feels dry, add water 1 Tbsp. at a time until it sticks together.*
4. For storing, place bites in an airtight container.

*For nut-free, use sunflower seed butter instead of peanut butter.

HOW TO STORE

Store energy bites in a covered container in the fridge for up to 1 week.

HOW TO FREEZE

Place energy bites in a freezer-safe container and freeze for up to 3 months.

*Prepping for a family
4 or more? Double
this recipe as they'll
likely go pretty quick.
They're also
freezer-friendly!*

Nutrition info (1 of 24 bites)

125 calories | 8 g fat | 2 g saturated fat | 25 mg sodium | 12 g carbs | 5 g sugar | 2 g fiber | 4 g protein

GLUTEN-FREE | DAIRY-FREE | NUT-FREE* | EGG-FREE | VEGETARIAN | VEGAN | FREEZER-FRIENDLY

TWO-DAY MEAL PLAN EXAMPLE

Here we show you how it all comes together by sharing an example of what two days of meals could look like using the foods that you have prepped. Note: This is just an example! Portion sizes will vary depending on individual needs.

DAY 1

Breakfast

Sweet Potato Turkey Sausage
Egg Bake + Avocado + Berries



Lunch

Easy Egg Roll in a Bowl + Rice

Snack

Energy Bites + Veggies & Dip



Dinner

Instant Pot Chicken Tacos
Over Greens + Fixings

DAY 2

Breakfast

Smoothie



Lunch

Sweet Potato Turkey Sausage
Egg Bake + Avocado + Berries

Snack

Energy Bites + Veggies & Dip

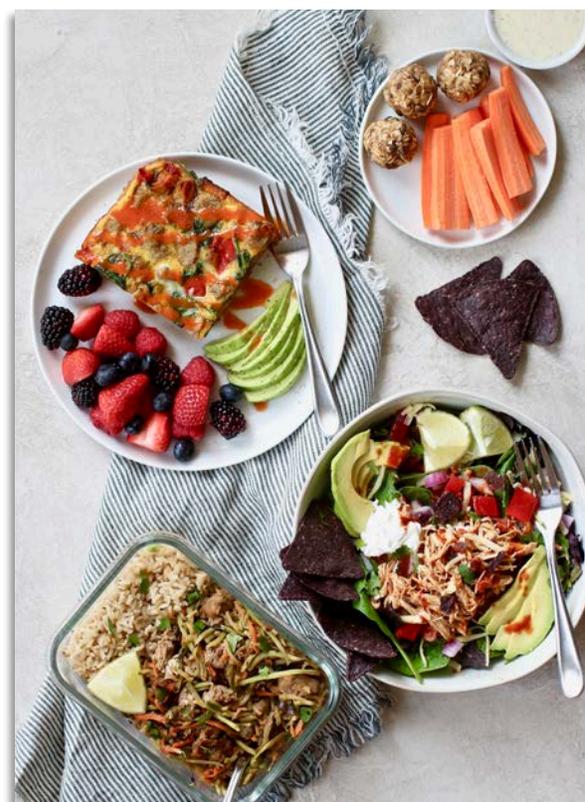


Dinner

Easy Egg Roll in a Bowl + Rice

BASIC TIPS & STEPS FOR A SUCCESSFUL MEAL PREP

- 1 Take a quick inventory of your fridge, pantry, and freezer and write down what you have on hand. This will help you to reduce food waste and avoid purchasing foods you already have. This is also a good time to throw out any foods that have reached their expiration date.
- 2 Make a menu for the week and a grocery list. Once you know what you have on hand it's time to make your meal prep menu. Go with a few tried and true recipes and try some new ones too!
 - a. Choose recipes with shorter ingredients lists or ones that share similar ingredients to keep your grocery list as short as possible.
 - b. Choose a variety of cooking methods so that you can work on all recipes simultaneously. For example, the meal prep recipes shared in this guide include a baked recipe, an Instant Pot or slow cooker recipe, a stovetop recipe, and a no-bake recipe.
 - c. Generally, we like to prep the following:
 - **1 BREAKFAST**
 - Such as egg bakes, hashes, muffins, waffles, overnight oats, oatmeal bakes, and smoothie freezer bags.
 - **2-3 ENTREES (LUNCH/DINNER) + ANY SIDES**
 - We recommend prepping at least one freezer-friendly recipe and one recipe you can portion out into individual servings.
 - **1 SNACK OR TREAT**
 - Such as muffins, energy bites, homemade granola or your favorite treat.
 - **VEGGIES & FRUITS**
 - Washed, chopped or sliced (if needed), and ready to eat or add to meals.
 - **BONUS ITEMS AS TIME ALLOWS**
 - Such as hard boiled eggs, roasted veggies, side salads, baked sweet potatoes, etc.
 - d. Be OK with repeating meals throughout the week.
You can change it up from week to week!
- 3 Shop for groceries. Planning a Sunday meal prep? Then we recommend shopping on Saturday so that the food is as fresh as possible. If it's the right time of the year, stop by your local farmer's market for the freshest and best quality ingredients, as well as to support your local farmers and growers.
- 4 Put the groceries away and pre-wash and chop as much produce as you can. This will help your meal prep go much smoother and save you time.
- 5 Clean your kitchen. Before you even begin your meal prep, start with a clean kitchen, and be sure that you have plenty of washed containers and lids. Also, clean as you go. This will help prevent an overwhelming amount of dirty dishes at the end of your prep.
- 6 Turn on the tunes and start cooking! We recommend starting with the items that take the longest. These are typically the foods that have to bake or that are made in a slow cooker.



Use the Meal Plan Template on the next page to plan your next meal prep!

MEAL PREP PLANNING TEMPLATE

STEP 1: KITCHEN INVENTORY

List any foods you have on hand or need to use up.

- _____
- _____
- _____
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- _____
- _____
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- _____

STEP 2: MEAL PREP MENU

Decide which recipes/foods you're going to prep. Keep it simple!

Breakfast: _____

Entree 1: _____

Entree 2: _____

Entree 3: _____
(optional)

Snack/Treat: _____

Side/Bonus: _____

* Choose one entree that is freezer-friendly and one entree that can be portioned out into individual containers for easy reheat-and-eat meals.

** Consider doubling recipes if feeding a family of 4 or more.

***Choose a variety of cooking methods.

STEP 3: GROCERY LIST

PRODUCE:

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DRY, CANNED & PANTRY GOODS:

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PROTEIN & DAIRY:

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SEASONING & SPICES:

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FROZEN & OTHER:

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GET MORE OUT OF MEAL PLANNING AND PREPPING WITH REAL PLANS

If you love the idea of saving time and money while still eating well, then you're going to love the convenience of Real Plans.

Real Plans helps you create customized meal plans each week that fit your family size and the way you eat. Special diets and picky eaters are no match for Real Plans thanks to their easy-to-use online meal planning tool that allows you to call the shots when it comes to how many meals you want to cook, dietary restrictions, preferences, and more.

**READY TO TRY REAL PLANS?
CLICK HERE!**

Why we love Real Plans

Real Plans is packed with features to streamline your weekly planning, shopping, and cooking – helping you cut down on time in the kitchen and reduce food waste from overbuying or poor planning.

- Personalized meal plans
- Over 1,600 original recipes
- Automatic shopping List
- iOS and Android apps
- Prep timeline
- Nutritional data for every recipe
- Optional macro tracker
- And much more!

Get over 350 of our recipes – all in one place!

For just \$1 more per month you can **get access to over 350 of our recipes to add to your weekly meal plans**. If you loved this Complete Meal Guide and the done-for-you grocery list, you're really going to love what Real Plans can help you do for the other 51 weeks of the year.

Join Real Plans today for as little as \$6 per month!



bonus recipe 1

Homemade Ranch Dressing

This dressing is a meal prep go-to. It's easy to make and perfect for dressing a salad, dunking veggies into, or serving with your favorite dishes. If you're looking for a dairy-free and Whole30-friendly ranch option, you'll want to try our [Paleo Ranch Dressing](#).

Serving suggestion: Serve with veggies as part of a snack or drizzle over a salad. To make a tasty salsa ranch dressing for the Chicken Tacos, simply add a little salsa and taco seasoning to the ranch.

SERVES 8 || PREP TIME: 10 MINS.

INGREDIENTS

- ¾ cup (6 oz.) plain yogurt
- ¼ cup sour cream
- 1½ tsp. apple cider vinegar
- 1¼ tsp. dried dill
- 1 tsp. dried parsley
- 1 tsp. dried chives
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. salt, plus more to taste
- ¼ tsp. black pepper
- *Optional: Fresh chives and/or parsley for sprinkling on top*
- *Optional: Milk or buttermilk for a thinner consistency*

Prepping for a family of 4 or more? Double the recipe. It goes fast!

DIRECTIONS

1. In a bowl, combine all of the ingredients and mix until well combined.
2. Chill for 30 minutes before serving.
3. *Optional step:* For a thinner consistency, add 1 Tbsp. of milk or buttermilk at a time until the desired consistency is achieved.
4. To serve, garnish with fresh parsley or fresh chives if desired.

HOW TO STORE

Store in the fridge in an airtight container or mason jar for 1 week.

Nutrition info (2 Tbsp.)

30 calories | 2 g fat | 1 g saturated fat | 95 mg sodium | 2 g carbs | 1 g sugar | 0 g fiber | 1 g protein

PALEO | DAIRY-FREE | GLUTEN-FREE | GRAIN-FREE | NUT-FREE | EGG-FREE | WHOLE30 | FREEZER-FRIENDLY

Go-To Green Smoothie Bags

Stock your freezer with these premade Go-to Green Smoothie Bags for a convenient, nutritious, and easy breakfast or snack. Just add the contents to a blender with the liquid of your choice and protein powder. Give it a whirl and enjoy it! Feel free to change up the fruit or add additional ingredients you'd like.

Serving suggestion: Give it a boost of protein by adding your favorite protein powder. We like collagen or grass-fed whey.

SERVES 4 || PREP TIME: 10 MINS.

INGREDIENTS

For the Bags:

- 2 medium bananas, peeled and cut in half (may sub 2 cups of your fruit of choice)
- 4 handfuls of spinach or greens of choice
- 1 avocado, peeled and pitted
- 4 zip-top or Stasher bags

For Blender (per smoothie):

- 1 cup milk of choice
- 1 scoop protein powder of choice
- $\frac{3}{4}$ -1 cup ice
- Add additional ingredients if you'd like – chia seeds, flax meal, nut butter, etc.

Prepping for a family of 4 or more? Double the recipe and make 8 smoothie bags instead of 4.

DIRECTIONS

To make the smoothie bags:

1. To each zip-top or Stasher bag add $\frac{1}{2}$ of a banana (or $\frac{1}{2}$ cup fruit of choice), 1 handful of spinach, and $\frac{1}{4}$ of an avocado.
2. Seal bags and place them in the freezer.

To make the smoothie:

1. Add the contents of one smoothie bag to a blender. Add the liquid, protein powder, and ice. Blend until smooth. Add additional liquid if needed to reach the desired consistency.

HOW TO STORE

Store in the fridge in an airtight container or mason jar for 1 week.

Nutrition info (1 smoothie)

215 calories | 8 g fat | 1 g saturated fat | 180 mg sodium | 22 g carbs | 7 g sugar | 7 g fiber | 13 g protein

PALEO | DAIRY-FREE | GLUTEN-FREE | GRAIN-FREE | EGG-FREE | NUT-FREE | VEGETARIAN | VEGAN | FREEZER-FRIENDLY