

# Build Your Own Meal Prep

Preparing meals and snacks ahead of time for the week helps save time and money, but most importantly helps you stay on top of your diet. Here's a guide on what to include in your meal prep!

## PROTEIN

High quality complete proteins are essential for muscle building & recovery. Aim for **20-30 g** of protein at every meal, **4-5 times a day!**  
Eat 2 servings (3-4 oz) of fish/seafood weekly!



**Tip:** Buying *quality containers* for your meals is important! You will wash, heat, and reuse them frequently. Look for containers that are:

- microwave & dishwasher safe
- BPA free
- similar size/shape for easy stackability

## COMPLEX CARBS

Complex carbohydrates like whole-grain foods & potatoes pack vitamins, minerals, and fiber. Carbohydrates are your primary fuel source for exercise and **45-65% of your calories** should come from them!



## VEGGIES

Vegetables supply performance boosting vitamins, minerals, and fiber. Eat a variety of vegetables, **3-5 servings a day!**

1 serving of veggies = ½ cup cooked or 1 cup raw



## Don't Forget Snacks!



Pack snacks that supply **protein and fiber** which help keep you feeling full in between meals!

## REMEMBER:

- Ready-to-eat food can be stored up to 5 days in the refrigerator and can be frozen up to 4 months.
- Frozen fruits & veggies supply the same nutrient content as fresh options, are less expensive, & are easy to prep!
- Leftovers are a great time saver! Combine food you have with leftovers to make a complete meal!
- Any meal prep is better than no meal prep! Planning ahead can decrease poor eating choices due to convenience.

# Meal Prep Timeline

With some organization and strategic cooking, meal prep can be easy and efficient! Follow this timeline to prepare meals that fit your schedule. Keep in mind cooking times may vary depending on equipment and food size.

