

A collage of various meal prep items including salmon, chicken, broccoli, tomatoes, bread, pasta, and fruit, arranged around a central text overlay.

The MEAL PREP Checklist



HEALTHY, DELICIOUS MEALS MADE EASY



Welcome to

MEAL PREP



AND EASIER, QUICKER, TASTIER, AND HEALTHIER MEALS!

We know you're busy, so we've put together some of our favorite meal prep and planning resources to help you make meal prep a regular part of your routine!

Plus, we've thrown in some **AMAZING recipes** you can use as-is or customize to create almost endless variations — to fit your likes, dislikes, budget, and what you have on hand in your pantry and refrigerator.

WELCOME

Here's what you'll find inside...

- ✓ *How to do meal prep YOUR way*
- ✓ *Food swaps to make meal prep and planning easy*
- ✓ *6 easy mix & match meal prep recipes*
- ✓ *A 5-day meal planner*
- ✓ *Printable grocery lists to keep you on track*

When you have a plan for your healthy meals, it's SO MUCH EASIER to stay on track and reach your goals!

Ready to start planning? Let's get going!



COMMITTED
to your success.
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How to Plan and **PREP MEALS**

There are almost as many ways to meal prep as there are cooks.

Here are just a few options. Experiment and find what works for YOU!

- Spend a few weekend hours (or any other time you have an hour or two of free time) planning, preparing, and storing your meals for the coming week.
- Spread your meal prep out during the week, so it becomes a continual process – this can be as simple as making a double or triple batch of a meal and saving the leftovers for later!
- Prep your meal components (meat, fish, rice, veggies) ahead of time, and assemble your meals when it's time to eat.

Your Easy Meal-Prep

TO-DO CHECKLIST

✓ **1 CREATE YOUR MEAL PLAN.**

I've included a 5-Day Meal Plan template and a list of healthy swaps to help make it easy to plan balanced meals.

✓ **2 CHECK YOUR PANTRY & FRIDGE.**

Scope out what you already have on hand and what you need to buy.

TIP: toss any expired or spoiled foods you notice along the way.

✓ **3 CREATE A SHOPPING LIST.**

I've included a printable list template to help you stay organized.

✓ **4 GO SHOPPING.**

TIP: Saturdays tend to be the busiest day at most grocery stores. If you can, shop during the week so you can get in and get out fast (and avoid temptation)!

✓ **5 BEFORE YOU COOK, CLEAN THE KITCHEN.**

Empty the dishwasher, clean the counters, and continue to clean as you go. This makes meal prep easier, plus it's important for food safety

✓ **6 HAVE STORAGE CONTAINERS ON STANDBY.**

I like clear glass containers that let you see what's inside.

Meal

PLANNER



Day **1**

BREAKFAST

PROTEIN _____
CARB (IF E) _____
VEGGIE/FRUIT _____
FATS _____

LUNCH

DINNER

SNACKS: _____

Day **2**

BREAKFAST

PROTEIN _____
CARB (IF E) _____
VEGGIE/FRUIT _____
FATS _____

LUNCH

DINNER

SNACKS: _____

Day **3**

BREAKFAST

PROTEIN _____
CARB (IF E) _____
VEGGIE/FRUIT _____
FATS _____

LUNCH

DINNER

SNACKS: _____

Day **4**

BREAKFAST

PROTEIN _____
CARB (IF E) _____
VEGGIE/FRUIT _____
FATS _____

LUNCH

DINNER

SNACKS: _____

Day **5**

BREAKFAST

PROTEIN _____
CARB (IF E) _____
VEGGIE/FRUIT _____
FATS _____

LUNCH

DINNER

SNACKS: _____

Easy Meal-Prep

FOOD SWAPS GUIDE

USE THESE INSTEAD OF OFF-PLAN OPTIONS

LEAN MEATS

Chicken	<i>Boneless (skinless) breast, tenderloins, ground chicken</i>
Turkey	<i>Boneless (skinless) breast, ground turkey</i>
Beef	<i>Top sirloin, top round steak, eye of round steak, round beef (90% or more)</i>
Pork	<i>Tenderloin, chops, pork top loin or sirloin, Canadian bacon</i>
Bison	<i>Filet Mignon, ground bison (90% lean or more)</i>
Lamb	<i>Tenderloin, loin chops, boneless leg (trim off as much fat as possible)</i>

SEAFOOD

*Depending on where you live, you'll need to buy flash frozen.
Also be mindful of mercury levels.*

Salmon	<i>Wild sockeye, coho, other</i>
Mahi Mahi	<i>Filet, steak (do not consume more than once per week due to mercury levels)</i>
Swordfish	<i>Filet, steak</i>
Tuna	<i>Steak, canned (look for low mercury and wild-caught)</i>
Whitefish	<i>Wild-caught: cod, snapper, haddock, halibut, tilapia (farm-raised fish may contain dioxins, a cancer-causing chemical, and methylmercury)</i>

EGGS

Whole Eggs	<i>Pasture-raised, free-range, organically fed chickens and local are best</i>
Egg Whites	<i>Pasteurized egg whites (make sure the ONLY ingredient is 100% egg whites)</i>

PROTEIN SUPPLEMENTS

We don't recommend more than 3 scoops of whey protein isolate per day as you want the majority of your nutrition sources coming from whole foods.

Whey Protein

Plant-Based Protein Powder

Essential Amino Acids

Easy Meal-Prep

FOOD SWAPS GUIDE

USE THESE INSTEAD OF OFF-PLAN OPTIONS

STARCHY CARBOHYDRATES FOR E MEALS

Oatmeal	<i>Make sure you choose "plain" not flavored oats.</i>
Bread	<i>On-plan sprouted bread (Ezekiel bread is hands down the best)</i>
Rice	<i>Brown rice or other "whole" grain</i>
Potatoes	<i>Sweet potatoes, fingerling potatoes, white potatoes, yams</i>
Quinoa	<i>Check the label to make sure it's not packaged with processed ingredients.</i>

FRUITS

<i>Apple</i>	<i>Cantaloupe</i>	<i>Lemon</i>	<i>Pear</i>
<i>Apple Sauce</i>	<i>Cherries</i>	<i>Lime</i>	<i>Pineapple</i>
<i>Apricot</i>	<i>Grapes</i>	<i>Mango</i>	<i>Plum</i>
<i>Banana</i>	<i>Grapefruit</i>	<i>Nectarine</i>	<i>Raspberry</i>
<i>Blackberry</i>	<i>Honeydew</i>	<i>Oranges</i>	<i>Strawberry</i>
<i>Blueberry</i>	<i>Kiwi</i>	<i>Peaches</i>	<i>Tangerine</i>

VEGETABLES

<i>Artichoke</i>	<i>Carrots</i>	<i>Okra</i>	<i>Turnips</i>
<i>Artichoke Hearts</i>	<i>Cauliflower</i>	<i>Onions</i>	<i>Zucchini</i>
<i>Asparagus</i>	<i>Celery</i>	<i>Parsnip</i>	<i>Note: If you have stomach aches, bloating, gas or diarrhea after eating certain veggies, try steaming or cooking them to ease digestion.</i>
<i>Alfalfa Sprouts</i>	<i>Cucumber</i>	<i>Peppers</i>	
<i>Beets</i>	<i>Eggplant</i>	<i>Pumpkin</i>	
<i>Brussel Sprouts</i>	<i>Leafy Greens (all kinds)</i>	<i>Radishes</i>	
<i>Broccoli</i>	<i>Leeks</i>	<i>Squash (variety)</i>	
<i>Cabbage</i>	<i>Mushrooms</i>	<i>Tomato (variety)</i>	

Easy Meal-Prep FOOD SWAPS GUIDE

USE THESE INSTEAD OF OFF-PLAN OPTIONS

OILS & NUTS

Avocado	<i>This fruit is in this section due to its high fat content</i>
Avocado Oil	<i>Unrefined, minimally cold processed</i>
Almonds	<i>Option: almond butter</i>
Brazil Nuts	
Cashews	<i>Option: cashew butter, avoid seed oils</i>
Coconut Oil	<i>Unrefined, minimally cold processed</i>
Ghee Clarified Butter	<i>Grass-fed if possible</i>
Hazelnuts	
Macadamia Nuts	
Olive Oil	<i>Unfiltered extra virgin is best</i>
Peanuts	<i>Option: peanut butter, avoid seed oils</i>
Pecans	
Pine Nuts	
Pistachios	
Walnuts	

Easy Meal-Prep

FOOD SWAPS GUIDE

USE THESE INSTEAD OF OFF-PLAN OPTIONS

Cottage Cheese	<i>Look for a minimal ingredient list</i>
Extra Sharp Cheddar Cheese	
Feta Cheese	
Goat Cheese	
Plain Greek Yogurt	<i>Avoid flavored and high sugar yogurt varieties Option: Use plain Greek yogurt in place of sour cream</i>
Mozzarella Cheese	
Parmesan Cheese	
Ricotta Cheese	
Swiss Cheese	

Easy Meal-Prep GROCERY LIST

- Make this list your own, depending on what's on your meal prep menu this week.
- Focus on seasonal produce (local if possible!) for freshness and better pricing. Frozen also works!
- Make sure you check the expiration and "best by" dates on perishables like milk, eggs, meat, etc.

➡ FRESH FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Berries (strawberries, blueberries, etc.)
- ☐ Oranges
- ☐ Seasonal fruits (e.g., peaches in summer, pears in fall)
- ☐ _____
- ☐ _____
- ☐ _____

➡ FRESH VEGETABLES

- ☐ Leafy greens (spinach, kale, mixed salad greens)
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Carrots
- ☐ Zucchini
- ☐ Seasonal vegetables (e.g., asparagus in spring, squash in fall)
- ☐ _____
- ☐ _____
- ☐ _____

➡ DAIRY & EGGS

- ☐ Milk or dairy alternative
- ☐ Greek yogurt or plant-based yogurt
- ☐ Cheese (feta, goat, cashew, etc.)
- ☐ Free-range eggs
- ☐ _____
- ☐ _____
- ☐ _____

➡ MEAT SEAFOOD

- ☐ Chicken breast or thighs
- ☐ Lean beef or pork
- ☐ Fish (salmon, tilapia, etc.)
- ☐ Shrimp or other seafood
- ☐ _____
- ☐ _____
- ☐ _____

➡ BREAD & BAKERY

- ☐ On-plan sprouted bread
- ☐ Tortillas (low-carb or corn)
- ☐ _____
- ☐ _____
- ☐ _____

➡ REFRIGERATED ITEMS

- ☐ Hummus (either S or E)
- ☐ Sauerkraut/kimchi/pickles
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

➡ FROZEN FOODS

- ☐ Frozen fruits (for smoothies)
- ☐ Frozen vegetables (peas, green beans, etc.)
- ☐ Frozen seafood or plant-based protein alternatives
- ☐ _____
- ☐ _____
- ☐ _____



Delicious Mix+Match MEAL PREP RECIPES

These recipes are our new favorite way to prep meals. That's because they:

- ✓ Start with a base recipe that's simple and delicious
- ✓ Can be enjoyed as-is
- ✓ Give you dozens of possibilities

CHICKEN & VEGGIE

STIR FRY(E) Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

Protein: 30 grams.

INGREDIENTS

- 1 lb. (450 grams) chicken breast
- 2 medium bell peppers
- 14 oz (400 grams) broccoli florets
- 8 oz (220 grams) snap peas
- ¼ cup (60 ml) coconut aminos or low-sodium soy sauce
- 4 cloves garlic, minced
- 4 tsp ginger, minced
- 1 Tbsp olive oil
- 2 cups (340 grams) cooked brown rice

INSTRUCTIONS

Prepare Ingredients

Slice the chicken breast and bell pepper into thin strips, cut the broccoli into florets, and trim the ends of the snap peas. If your rice isn't already cooked, prepare it according to package directions.

Cook the Chicken and Veggies

Heat olive oil in a pan over medium-high heat. Add the chicken strips and cook until browned and cooked through, about 5-7 minutes. Remove from the pan and set aside. Add the garlic and ginger and sauté for about 1 minute, until fragrant. Add the bell peppers, broccoli, and snap peas. Stir-fry for about 7 minutes until the vegetables reach your desired level of tenderness.

Assemble

Return the chicken to the pan, add the coconut aminos, and stir to combine all ingredients. Continue to cook for another 3-4 minutes until heated through.

Serve

Place the cooked brown rice in a serving dish and top with the chicken-veggie mixture. Enjoy immediately, or let cool and store in a container for meal prep.



Meal Prep RECIPE SWAPS



PROTEIN

Shrimp, beef



VEGGIES

Zucchini, carrots, green beans, mushrooms



CARBS

Serve over quinoa or the rice listed here for an E, or cauliflower rice for an FP



FATS

Add sesame oil in an S

TURKEY & SWEET POTATO

SKILLET (E) Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

Protein: 27 grams

INGREDIENTS

- 1.5 lb (450 grams) ground turkey
- 4 medium sweet potatoes
- 8 oz (220 grams) baby spinach
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tsp each cumin and chili powder
- 3 tsp olive oil
- Sea salt and pepper, to taste

INSTRUCTIONS

Prepare Ingredients

Peel and dice the sweet potato into small cubes. Dice the onion and mince the garlic.

Cook

1. Heat the olive oil in a skillet over medium heat. Add the diced sweet potato and cook for about 5-7 minutes until it begins to soften.
2. Move the potatoes to the side of the skillet and add the ground turkey, diced onion, and minced garlic. Cook 5-7 minutes, stirring frequently, until the turkey is browned and cooked through.
3. Stir in the cumin and chili powder, mixing well to coat the turkey and sweet potatoes.
4. Add the spinach to the skillet and cook for another 2-3 minutes until the spinach is wilted. Season with salt and pepper to taste.

Serve

Transfer to a plate and enjoy immediately, or let cool and store in a container for meal prep.



Meal Prep RECIPE SWAPS



PROTEIN

Ground chicken, beef



VEGGIES

Kale, bell peppers, zucchini



CARBS

Swap sweet potatoes with butternut squash or regular potatoes



FATS

Use avocado oil for cooking

BEEF & BROCCOLI

(S) Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

Protein: 30 grams

INGREDIENTS

- 1 lb (450 grams) flank steak, thinly sliced
- 20 oz (600 grams) broccoli florets
- 6 cloves garlic, minced
- 4 tsp ginger, minced
- ¼ cup (60 ml) coconut aminos or low-sodium soy sauce
- 1 cup (240 ml) low-sodium vegetable or beef broth
- 1 Tbsp olive oil
- 1 tsp cornstarch (optional, for thickening)
- ¼ cup (60 ml) water (optional, for mixing with cornstarch)

INSTRUCTIONS

Prepare Ingredients

Thinly slice the flank steak, cut the broccoli into small florets, and mince the garlic and ginger.

Cook

1. Bring a couple of inches of water to a boil in a small pot. Add the broccoli and cook for 3-4 minutes until tender-crisp. Drain and set aside.
2. Heat the olive oil in a skillet over medium-high heat. Add the steak slices and cook for 3-5 minutes, until browned cooked through. Remove from the skillet and set aside.
3. In the same skillet, add the minced garlic and ginger and cook for 1-2 minutes until fragrant.

Make the Sauce

Return the beef to the skillet. Add the aminos or soy sauce and beef broth, stirring to combine. If you want to thicken, mix the cornstarch with water in a small bowl, whisking to create a slurry. Add to the skillet and stir well. Cook for another 2-3 minutes until the sauce has thickened.

Finish and Serve

Add the cooked broccoli to the skillet and toss to coat with the sauce. Cook for an additional 2-3 minutes until everything is heated through. Transfer to a plate and enjoy immediately, or let cool and store in a container for meal prep.



Meal Prep RECIPE SWAPS



PROTEIN

Chicken, pork



VEGGIES

Cauliflower, snap peas, bell peppers



RICE REPLACEMENTS

Serve with cauliflower rice or Miracle Rice



FATS

Use sesame oil or top with nuts

SHRIMP & AVOCADO

SALAD (S) Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

25 grams

INGREDIENTS

- 3 Tbsp olive oil, divided
- 1.5 lbs of shrimp, peeled and deveined
- 2 medium avocados
- 14 oz (400 grams) cherry tomatoes, halved
- 1 medium red onion, finely diced
- 4 handfuls of leafy salad greens, washed
- Handful of cilantro, chopped
- Juice of 2 limes
- Salt and pepper, to taste

INSTRUCTIONS

Prepare Ingredients

Heat 1 Tbsp of olive oil in a sauté pan over medium heat and add the shrimp. Cook for 2-3 minutes until the shrimp turn pink and opaque. Drain and let cool. While it's cooling, dice the avocado and onion, cut the tomatoes in half, and chop the cilantro.

Make the Dressing

In a small bowl, whisk together the lime juice, remaining 2 Tbsp olive oil, salt, and pepper.

Assemble the Salad

In a large bowl, combine the cooked shrimp, diced avocado, cherry tomatoes, red onion, salad greens, and cilantro. Pour the dressing over the salad and toss gently to combine.

Serve

Serve immediately, or let cool and store in a container for meal prep.



Meal Prep RECIPE SWAPS



PROTEIN

Chicken



VEGGIES

Cucumber, bell peppers, spinach



CARBS

Add quinoa or brown rice for a XO; cauliflower rice or Miracle Rice for an S



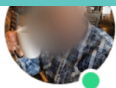
FATS

Top with nuts

SIMPLE SOLUTIONS

Incredible Results!

JUST A FEW OF HUNDREDS OF BOOTCAMP FEEDBACK POSTS...



Debbie

Wednesday Weekly Weigh-In (...)

Down 7.6 pounds since starting Bootcamp on Sept 5. So thankful for you, Jen, and all I have learned from you in Bootcamp. I think I have previously started to follow the plan so many mornings before joining Bootcamp and thrown in the towel by noon. But you have given me tools and resources to follow the plan (I haven't done it perfectly, of course, but overall) for this time in Bootcamp. So grateful!



member



Extra Resources

You are amazing!! Thank you for all the resources! There's no reason for us not to succeed...
It was well worth the \$ just for these resources! Thank you 🥰

BAKED SALMON

AND ASPARAGUS Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

Protein, 30 grams.

INGREDIENTS

- 20 oz (600 g) salmon fillet
- 20 oz (600 g) asparagus
- 2 Tbsp olive oil, divided
- 2 lemons, sliced
- 8 cloves garlic, minced
- Sea salt and pepper, to taste

INSTRUCTIONS

Prep Work

Preheat your oven to 400°F/200°C. Line a baking sheet with parchment paper or aluminum foil that's been sprayed with non-stick cooking spray.

Prepare Ingredients

Place the salmon fillet on the baking sheet. Toss the asparagus in 2 Tbsp olive oil and arrange around the salmon. Mince the garlic and slice the lemon, and place on top of the salmon and asparagus. Season with salt and pepper to taste.

Bake

Place the salmon in the preheated oven for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

Serve

Transfer to a plate and enjoy, or let cool and store in a container for meal prep.



Meal Prep RECIPE SWAPS



PROTEIN

Chicken breast, cod



VEGGIES

Broccoli, green beans, bell peppers



CARBS

Serve with brown rice, quinoa, or potatoes for a XO



FATS

Add avocado or use a different oil like avocado oil

CHICKEN BURRITO

BOWLS (E) Serves 4

APPROXIMATE NUTRITION INFORMATION
(PER SERVING)

Protein, 25 grams.

INGREDIENTS

- 16 oz (400 grams) chicken breast, cooked and diced
- 2 cups (340 grams) cooked brown rice
- 1 cup (240 grams) black beans, canned, drained & rinsed
- 1 cup (160 grams) frozen corn kernels, thawed
- 2 medium bell peppers, diced
- 1 cup (240 grams) salsa
- fresh cilantro (optional)

INSTRUCTIONS

Assemble the Burrito Bowl

In a bowl, layer the cooked rice, black beans, corn, bell peppers, diced chicken, and salsa. Top with the cilantro.

If you prefer, you can saute the chicken, beans, corn, and bell pepper over medium heat with taco seasoning before eating.

Sometimes I just layer it in a storage container and heat before eating.



Meal Prep RECIPE SWAPS



PROTEIN

Beef, shrimp



VEGGIES

Lettuce, tomatoes, onions



CARBS

Quinoa



FATS

Add cheese or use guacamole

Ready to Take Your → NEXT STEPS?

As a Certified THM Lifestyle Coach, my mission is to help busy moms elevate their THM journey the EASY WAY. I help women get on plan and stay on plan for good!

If you're ready to accelerate and looking for a better way to make THM your lifestyle so you can lose weight, I want to invite you to experience an easier approach that's already gotten thousands of women amazing results.

Ways to Work With Me:

THM Bootcamp

Bootcamp helps you get on plan and stay on plan, no matter what. Bootcamp can jumpstart your journey for maximum results.

[LEARN MORE HERE](#)

Diana W. Results

From the start of this Bootcamp I am down 15 lbs...Jen, I can't thank you enough for sharing your knowledge of THM and breaking it down so that even I can follow what you're saying!

Bootcamp has been a game changer for me and like all the other testimonials, I WISH I HAD JOINED A BOOTCAMP SOONER!!! Forever grateful for this group!!! ❤️



CERTIFIED THM COACH JEN

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