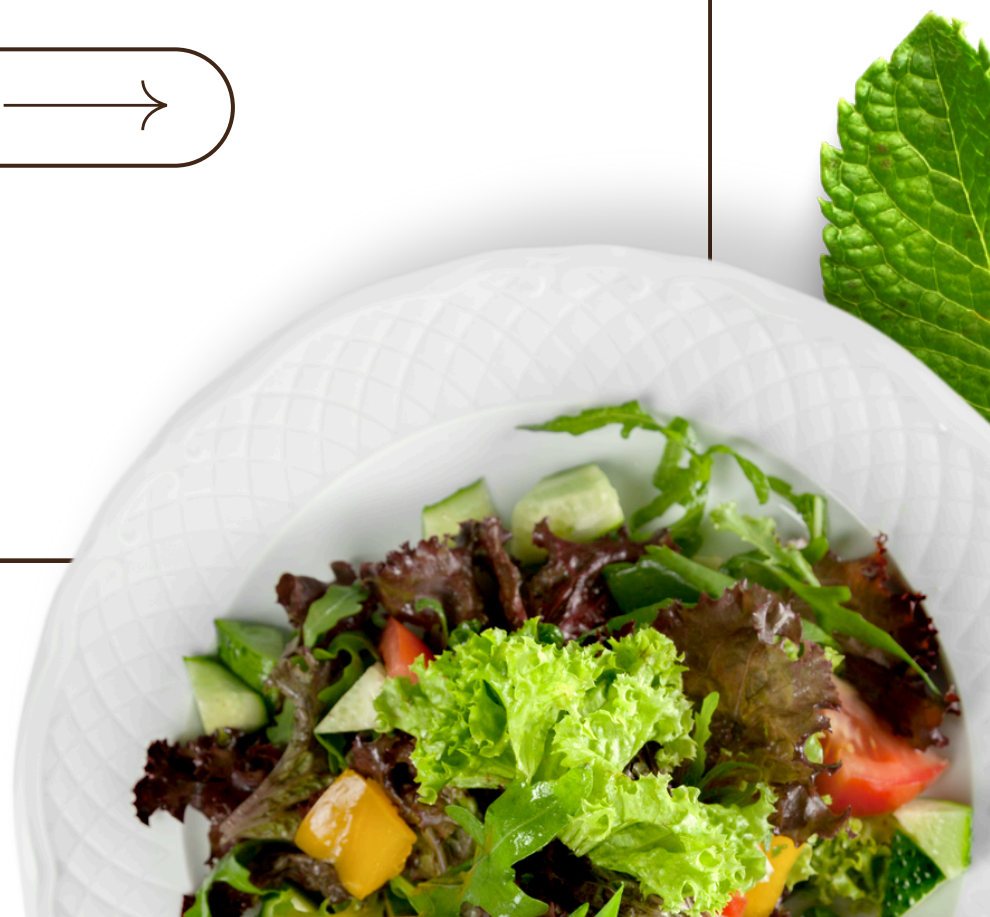




Meal Prep Ideas for a Busy Week

A gentle, realistic guide for feeling
nourished, not overwhelmed

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Why Meal Prep?

Meal prep

- Reduces daily decisions
- Keeps your energy steady
- Supports your body when motivation is low
- Makes nourishment easier on hard days



Monday



Tuesday

Chickpea
omelette



Sunday



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Mindset First

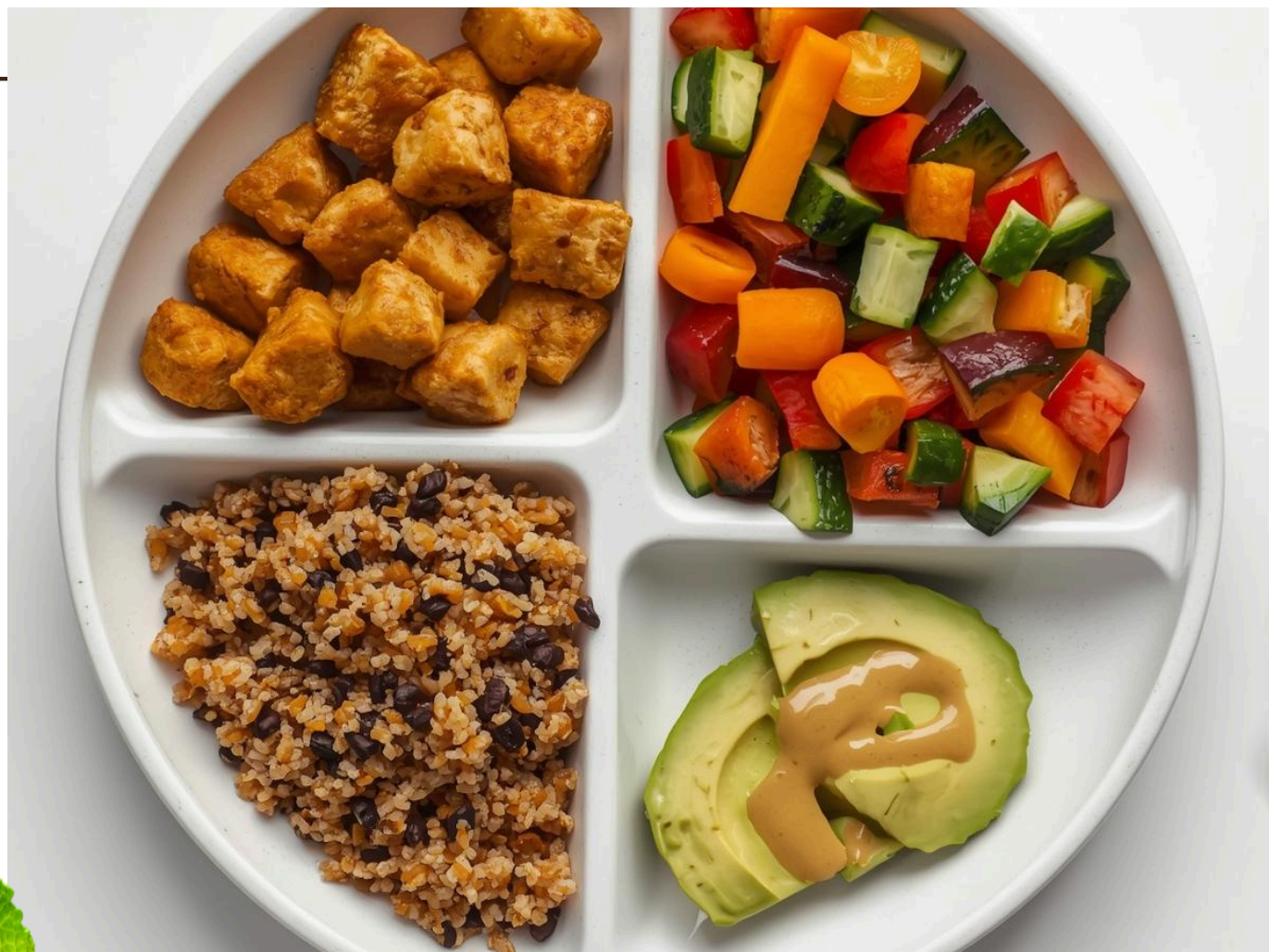
Before we talk food

- Meal prep is support, not control
- Doing some prep is better than doing none
- You don't need to prep every meal
- Repetition is allowed (and encouraged)



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The Simple Meal Prep Formula

Every balanced meal can be built from 4 parts:

1. A protein
2. A carb
3. A veggie
4. A fat or sauce

You just mix and match.

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Step 1:

Choose 2-3 proteins for the week

Examples (plant-based):

- Tofu (baked, air-fried, or pan-seared)
- Tempeh
- Seitan
- Edamame
- Vegan protein crumbles
- Lentils
- Chickpeas or black beans

**Prep tip:*

Cook one large batch or two small batches instead of five different things.

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Step 2:

Choose 1–2 carbs

Carbs support energy, especially if you're active or fatigued.

Examples:

- Rice (white or brown)
- Quinoa
- Potatoes or sweet potatoes
- Pasta
- Bread or wraps

**Prep tip:*

Carbs are your foundation. Make enough for several meals.

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Step 3:

Choose 2 veggies (fresh or frozen)

Examples:

- Roasted: broccoli, carrots, zucchini, cauliflower
- Sautéed: peppers, onions, mushrooms
- Raw: cucumber, spinach, mixed greens
- Frozen: stir-fry blends, green beans, peas

**Prep tip:*

Frozen veggies absolutely count. Use them.

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Step 4:

Choose 1–2 sauces or fats

This is what makes meals satisfying and enjoyable.

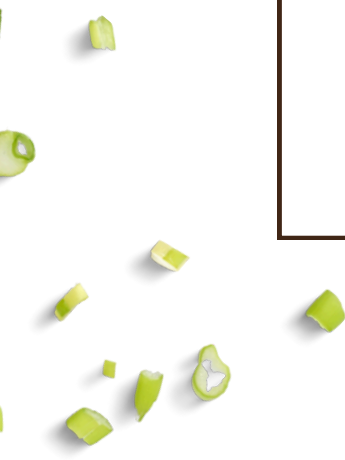
Examples:

- Olive oil
- Tahini
- Hummus
- Pesto
- Salsa
- Peanut or almond sauce
- Vegan sriracha mayo

**Prep tip:*

Sauce = variety without extra cooking.

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How Much to Prep?

You do not need to prep everything.

Aim for:

- 3–4 lunches
- OR 3–4 dinners
- OR breakfast + 1 main meal

That alone can change your entire week.

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Prep Once, Eat many ways

Rice bowl with tofu +
veggies + tahini



Quick stir-fry with
frozen veggies



Eat as

Eat as

Eat as

Wrap with
hummus + greens



- Cook once:
- Baked tofu
 - Rice
 - Roasted broccoli & carrots

Same food. Different meals.

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Common roadblocks

(and honest solutions)

"I get bored."

→ Rotate sauces, not foods.

"I don't have energy."

→ Prep less. Buy pre-cut. Use frozen. Lower the bar.

"I don't stick to it."

→ Prep fewer meals. Start with 2–3.



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The REAL goal

Meal prep is successful if:

- you feel less stressed around food
- you eat more consistently
- your energy feels steadier
- your body feels supported

Not if every meal looks perfect.



@stillstrengthwellness