

# 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

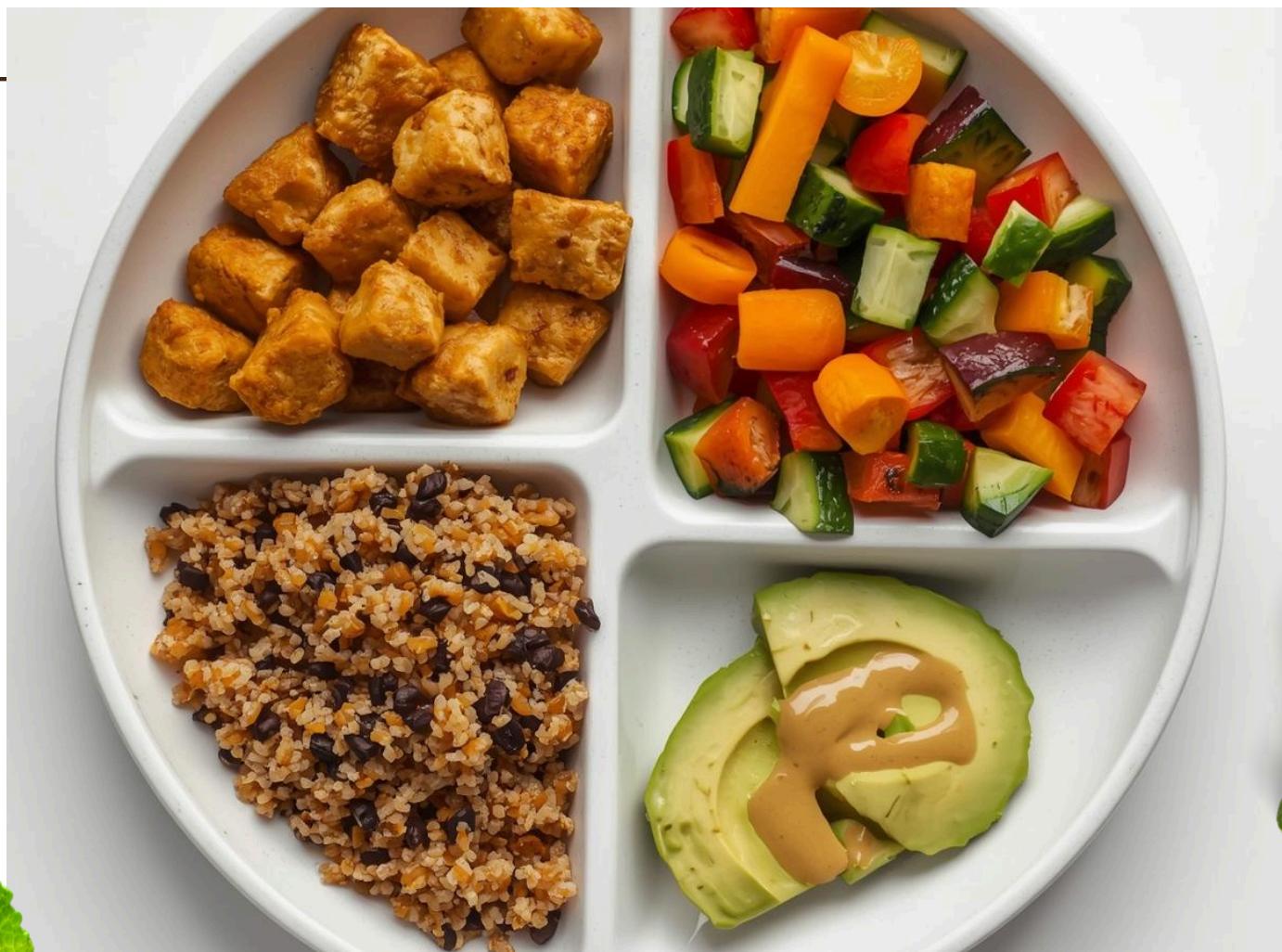


## Before we talk food

- 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.



## 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

- Baked tofu
- Rice
- Roasted broccoli & carrots

Cook once:

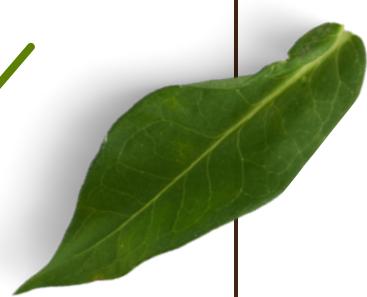


Same food. Different meals.

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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