

A top-down view of various meal prepping ingredients and containers on a light-colored surface. In the top left, a glass bowl contains sliced cucumbers and fresh parsley. In the top center, a glass bowl is filled with fresh basil leaves. To the right of the basil, a glass bowl contains almonds. In the center, a glass bowl contains sliced carrots. Below the carrots, a glass bowl contains hummus topped with olive oil and spices. To the left of the hummus, a white plate contains breaded fish fillets and fresh parsley. In the bottom left, a pile of almonds is scattered. In the bottom center, a small bunch of fresh parsley is visible. On the right side, a glass tray contains roasted broccoli, sliced cucumbers, and chickpeas. In the top right corner, there is a faint line drawing of a woman with glasses and a ponytail, looking thoughtful with her hand to her chin.

MEAL PREPPING 101

COACH LAURA K.
WITH STRENGTH IN SELF

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Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.





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Hi!

WELCOME!

I would love to extend my sincerest gratitude for choosing me to be your Coach!

I am Coach Laura K. and I am excited to be on this journey with you in your health.

Through careful planning and the proper encouragement and information I truly believe that all of my clients/patients have the potential to succeed with their health but it's not necessarily something I can do for you as your Coach, YOU play the most valuable role when it comes to YOUR Health. When you take it seriously and make the right changes you open the doors to a healthier and happier lifestyle that you can live with for years to come!

Lets take that first step together!!

Coach Laura K.



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What...

IS A HEALTHY DIET?

A healthy diet is one that includes all food groups, emphasizing fresh fruits and vegetables, whole grains, lean proteins, and healthy fats. It also involves planning meals in advance—whether it's a few days' worth of snacks or an entire week's worth of breakfasts, lunches, dinners, and even desserts. Meal prep has become increasingly popular among people who work full-time jobs or just lead busy lives in general; to save time on evenings and weekends (plus money). A typical meal-prep day usually looks like a combination of chopping up vegetables and cooking protein at home while preparing single-serving containers ahead of time so that you can take your meals with you anywhere you go.

In general a healthy diet is one that provides you with all the nutrients that you need in order to keep healthy. You see, everything you consume contains certain vitamins and minerals. Some foods are more nutritious than others, and these foods should be a bigger priority to foods that are high in saturated fats or refined sugars. For example, if you consumed snacks and candy that have

little to no nutritional value, you'll likely experience the effects of nutritional deficiencies sooner than you think. If you've ever felt tired or moody without any cause, you've probably already experienced effects of nutritional deficiencies. Since every nutrient supports a different function in the body and their all codependent on each other, it's important to achieve a balance between all.

With over 30 nutrients needed by your body every day, you need to make sure to eat a variety of foods from different food groups:

GRAINS

Like any part of your diet, it's important to eat a variety of grains. There are many to choose from, so try to include all in your meals throughout the week.

Whole grains are rich in nutrients, high in fiber and low in calories. Aim for at least three servings per day. For maximum health benefits, select unrefined grains rather than refined ones—they have more fiber, vitamins and minerals.

Whole Grains: bulgur wheat, brown rice, whole-wheat pasta, millet and buckwheat kernels

FRUIT

Make fruits your main source of sugar. The best fruits to eat include berries, melons, bananas, papaya, kiwi and pineapple. If you are craving a sweet snack but don't want to go overboard on sugar (and calories), opt for fruit instead of cookies or cakes.

A lot of people think that eating an apple is enough fruit when they want a treat. The average apple has approximately 4 ounces of sugar in it! While that may not seem like a lot compared to candy bars or other sugary foods, it adds up quickly over time. Stick with 1-2 portions per day or less if you have blood-sugar issues.

MEAT, POULTRY AND FISH

The bulk of your diet should consist of lean proteins. Try to include fish, seafood, poultry, or white meat (such as chicken or turkey breast) with every meal. Choose smaller portions of red meat (beef, pork) and other highly processed meats as they contain large amounts of saturated fat. If you choose to eat red meat, be sure to choose lean cuts that are well-trimmed with very little visible fat.

Shrimp is an excellent source of protein as well; it is quite nutritious and provides high amounts of certain nutrients, such as iodine, that aren't abundant in many other foods.

BEANS AND LEGUMES

Whether you're vegetarian or not, beans are a great staple to add to your diet. They're extremely healthy, very filling, and come in a variety of flavors that makes them easily accessible to anyone.

The most common types of beans include black beans, pinto beans, garbanzo beans (also known as chickpeas), kidney beans, navy beans, soybeans (edamame), etc. Also, legumes are packed with protein which aids in keeping you full longer throughout the day. If you have trouble finding time to cook your own beans try using canned instead—they're just as good for you!

VEGETABLES

Veggies are a great source of vitamins, minerals, fiber, and phytonutrients. But what counts as one serving? A serving of vegetables is:

- 1 serving equals 1 cup uncooked or 1/2 cooked

Try to include 5 servings of vegetables a day.

06 NUTS, SEEDS, OILS, AND FATS

Nuts, seeds, oils, and fats are a great way to keep your hunger in check. The problem? They're also calorie dense—which means one small handful can be high in calories.

For example, one ounce of cashews (about 12) has 154 calories or 1 tablespoon of sunflower oil has about 120. If you consume plenty of nuts, cook with lots of oil, you'll consume more than 800 calories before you know it.

Healthy fats should constitute approximately 1/3 of your healthy diet.

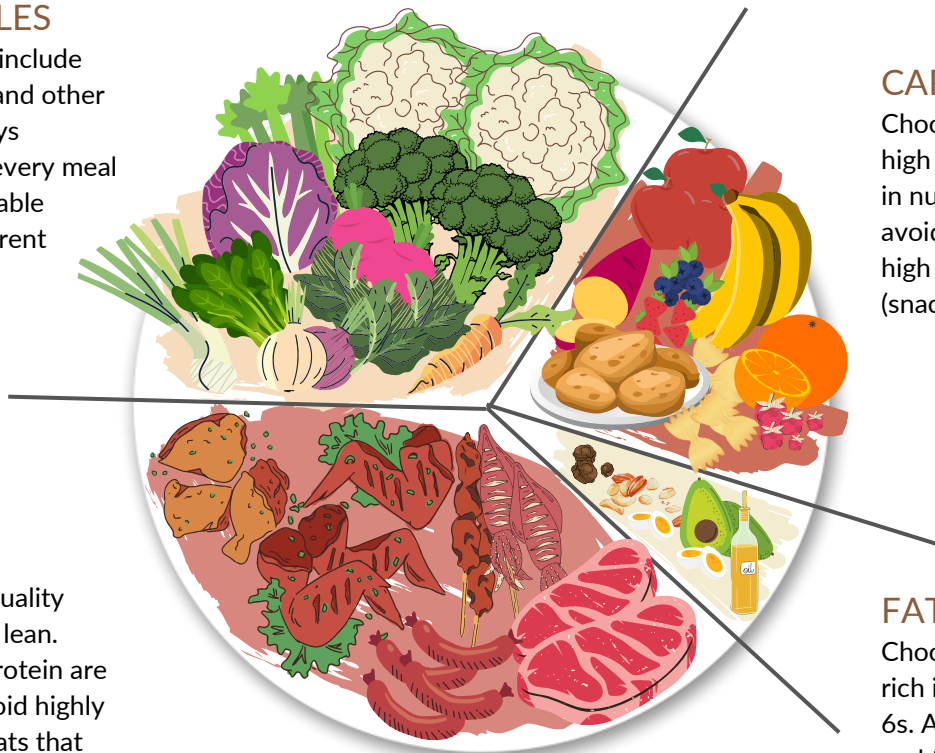


How to build A PERFECT MEAL

Now that you know the building blocks of a balanced diet, it is time to build your perfect and balanced meal. Using the information you've learned and understanding the importance of eating variety of foods, here's an indication of how a balanced meal should like.

VEGETABLES

Make sure to include some greens and other colours. Always differentiate every meal as each vegetable provides different nutrients.



CARBS

Choose carbs that are high in fiber and rich in nutrients. Limit or avoid carbs that are high in refined sugars (snacks and candy)

PROTEIN

Choose high quality protein that is lean. Plant-based protein are also great. Avoid highly processed meats that are high in saturated fats.

FATS

Choose fats that are rich in omega-3s and 6s. Avoid saturated and trans fats.

On the next page, you'll find some great food choices for each food group. You'll also find information on the calories and grams for each macronutrient (proteins, carbs and fats). This is very useful if you know how many calories you should consume per day and you're currently tracking.

Macronutrients CHEATSHEET *for Proteins*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Chicken Breast	165	31g	0g	3.6g	0g
<input type="checkbox"/> Chicken thigh	214	23g	0.1g	14g	0g
<input type="checkbox"/> Chicken drumstick	220	24g	0.1g	13g	0g
<input type="checkbox"/> Pork medallion	238	26g	0g	16g	0g
<input type="checkbox"/> Kangaroo Fillet	147	26g	0g	4g	0g
<input type="checkbox"/> Beef filet	291	26g	0g	20g	0g
<input type="checkbox"/> Lamb chop	305	28g	0g	21g	0g
<input type="checkbox"/> Turkey breast	147	30g	0g	2g	0g
<input type="checkbox"/> Veal	231	30g	0g	11g	0g
<input type="checkbox"/> Beef sausage	405	16g	0g	38g	0g
<input type="checkbox"/> Pork sausage	325	19g	1.4g	27g	0g
<input type="checkbox"/> Tofu	83	10g	1.2g	5.3g	0g
<input type="checkbox"/> Seitan	126	25g	5.3g	0.6g	0.3g
<input type="checkbox"/> Tempeh	195	20g	7.6g	11g	9g
<input type="checkbox"/> Edamame	121	12g	9g	5.2g	5.2g
<input type="checkbox"/> Hempseed	553	32g	8.7g	49g	4g
<input type="checkbox"/> Salmon	206	22g	0g	12g	0g
<input type="checkbox"/> COD	105	23g	0g	0.9g	0g
<input type="checkbox"/> Canned tuna	128	24g	0g	3g	0g
<input type="checkbox"/> Shrimp	119	23g	1.5g	1.7g	0g
<input type="checkbox"/> Pollock	118	25g	0g	1.3g	0g

**KCALS - calories

**All values are per 100g of the product unless specified otherwise in the 'food' column

** Values are for cooked food

Macronutrients CHEATSHEET *for Carbohydrates*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> White rice	130	2.7g	28g	0.3g	0.4g
<input type="checkbox"/> Brown rice	112	2.3g	24g	0.8g	1.8g
<input type="checkbox"/> White pasta	158	5.8g	31g	0.9g	1.8g
<input type="checkbox"/> Whole-wheat pasta	149	6g	30g	1.7g	3.9g
<input type="checkbox"/> Gluten-free pasta	126	2.6g	28g	0.7g	4.8g
<input type="checkbox"/> Couscous	112	3.8g	23g	0.2g	1.4g
<input type="checkbox"/> Quinoa	120	4.4g	21g	1.9g	2.8g
<input type="checkbox"/> White potatoes	93	2.5	21g	0.1g	2.2g
<input type="checkbox"/> Sweet potatoes	90	2g	21g	0.1g	3.3g
<input type="checkbox"/> White slice of bread	98	3.3g	18g	1.2g	1g
<input type="checkbox"/> Wholegrain slice	81	4g	14g	1.1g	1.9g
<input type="checkbox"/> Popcorn	557	7.5	55g	34g	10g
<input type="checkbox"/> Apple	52	0.3g	14g	0.2g	2.4g
<input type="checkbox"/> Orange	49	0.9g	13g	0.1g	2.2g
<input type="checkbox"/> Grapefruit	42	0.8g	11g	0.1g	1.6g
<input type="checkbox"/> Banana	89	1.1g	23g	0.3g	2.6g
<input type="checkbox"/> Red grapes	69	0.7g	18g	0.2g	0.9g
<input type="checkbox"/> Green grapes	69	0.7g	18g	0.2g	0.9g
<input type="checkbox"/> Peach	39	0.9g	9.5g	0.3g	1.5g
<input type="checkbox"/> Strawberries	32	0.7g	7.7g	0.3g	2g
<input type="checkbox"/> Blueberries	57	0.7g	14g	0.3g	2.4g
<input type="checkbox"/> Raspberries	52	1.2g	12g	0.7g	6.5g

**KCALS - calories

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Macronutrients CHEATSHEET *for Vegetables*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Broccoli	35	2.4g	7.2g	0.4g	3.3g
<input type="checkbox"/> Tomatoes	18	0.9g	3.9g	0.2g	1.2g
<input type="checkbox"/> Carrots	35	0.8g	8.2g	0.2g	3g
<input type="checkbox"/> Onions	44	1.4g	10g	0.2g	1.4g
<input type="checkbox"/> White mushrooms	28	2.2g	5.3g	0.5g	2.2g
<input type="checkbox"/> Chestnut mushrooms	22	2.5g	4.3g	0.1g	0.6g
<input type="checkbox"/> Lettuce	17	1.2g	2.3g	0.3g	2.1g
<input type="checkbox"/> Cauliflower	23	1.8g	4.1g	0.5g	2.3g
<input type="checkbox"/> Brussels sprouts	36	2.6g	7.1g	0.5g	2.6g
<input type="checkbox"/> Sweetcorn	96	3.4g	21g	1.5g	2.4g
<input type="checkbox"/> Peas	84	5.4g	16g	0.2g	5.5g
<input type="checkbox"/> Green beans	35	1.9g	7.9g	0.3g	3.2g
<input type="checkbox"/> Eggplant/ Aubergine	35	0.8g	8.7g	0.2g	2.5g
<input type="checkbox"/> Spinach	23	3g	3.8g	0.3g	2.4g
<input type="checkbox"/> Kale	28	1.9g	5.6g	0.4g	2g
<input type="checkbox"/> Red bell pepper	28	0.9g	6.7g	0.2g	1.2g
<input type="checkbox"/> Yellow bell pepper	27	1g	6.3g	0.2g	1.1g
<input type="checkbox"/> Green bell pepper	28	0.9g	6.7g	0.2g	1.2g
<input type="checkbox"/> Leeks	31	0.8g	7.6g	0.2g	1g

**KCALS - calories

**All values are per 100g of the product unless specified otherwise in the 'food' column

** Values are for cooked food

Macronutrients

CHEATSHEET for Fats & Dairy

FATS

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Avocados	160	2g	8.5g	15g	6.7g
<input type="checkbox"/> Eggs	143	13g	0.7g	9.5g	0g
<input type="checkbox"/> Almonds	598	21g	21g	53g	11g
<input type="checkbox"/> Hazelnuts	646	15g	18g	62g	9.4g
<input type="checkbox"/> Brazil nuts	659	14g	12g	67g	7.5g
<input type="checkbox"/> Peanuts	587	24g	21g	50g	8.4g
<input type="checkbox"/> Pistachios	569	21g	28g	46g	10g
<input type="checkbox"/> Cashews	574	15g	33g	46g	34g
<input type="checkbox"/> Chia seeds	486	17g	42g	31g	34g
<input type="checkbox"/> Olive oil (1 Tsp.)	119	0g	0g	14g	0g
<input type="checkbox"/> Flaxseed oil (1 Tsp.)	120	0g	0g	14g	0g
<input type="checkbox"/> Coconut oil (1 Tsp.)	121	0g	0g	13g	0g

DAIRY

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
<input type="checkbox"/> Cheddar cheese	404	23g	3.1g	33g	0g
<input type="checkbox"/> Mozzarella	300	22g	2.2g	22g	0g
<input type="checkbox"/> Parmesan	420	28g	14g	28g	0g
<input type="checkbox"/> Feta cheese	264	14g	4.1g	21g	0g
<input type="checkbox"/> Manchego	452	31g	2.2g	36g	0g
<input type="checkbox"/> Brie	334	21g	0.5g	28g	0g
<input type="checkbox"/> Roquefort	369	22g	2g	31g	0g
<input type="checkbox"/> Whole milk	61	3.2g	4.8g	3.3g	0g
<input type="checkbox"/> Semi-skimmed milk	50	3.3g	4.8g	2g	0g
<input type="checkbox"/> Greek yogurt	63	5.3g	7g	1.3g	0g

The perfect PORTION SIZES

What you eat is only half the battle when it comes to achieving good nutrition. You also need to know how much to eat. Portions of food and drink have increased over time causing us to overeat. When we become aware of this, and if we have a guide to help us manage portion sizes, we can eat food in a healthy, balanced way; paying more attention to what we put into our systems.

One efficient, effective, and demonstrated method is the Hand Portion Method. The idea is that you aren't using tech to measure your food, but instead measuring it using your own hand. The hands go wherever you go. As a result, this makes them a good, quick and easy tool to measure portion sizes, even when you're eating out. The strategy outlined in this book is perfect for anyone who dislikes the idea of using food tracking apps and logs. The first step to starting something is to try each of the steps below.

Step 1 START WITH PROTEIN

From facilitating transport of other nutrients, to ensuring proper function of important enzymes, to aiding in tissue growth, protein is essential for many aspects of human health.

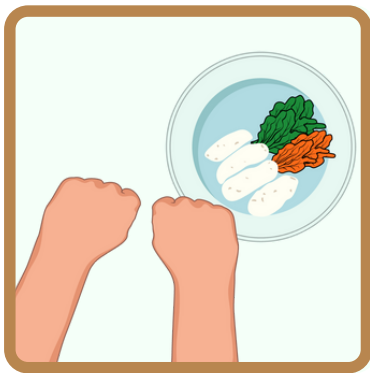
To make this technique work, hold your hand in front of your face, this will be your new measure. Here, we will apply a technique pioneered by Precision Nutrition. Protein sources in one serving may range from one to two palm-sizes of meat, fish, dairy, or plant-based foods. This is what it looks like:



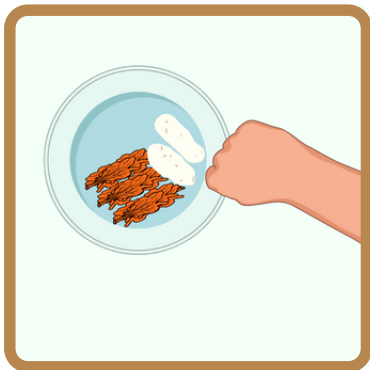
MALE PORTION



FEMALE PORTION



MALE PORTION



FEMALE PORTION

Step 2 GET YOUR VEG ON

Fill half your plate with vegetables as they are the foundation of a healthy diet.

Vegetables provide our bodies with a number of vital nutrients and health benefits that we just can't get from any other food group. This is why they're so crucial to your overall diet, as well as weight loss, heart health, and optimal digestion. Write down some of your favorite vegetables and come up with meals that you can use them in and enjoy!.

Step 3 TIME FOR CARBS!

With appropriate portion control, carbohydrates are not harmful. But when one is misled by the true serving size of, say, rice, pasta, or bread, carbohydrate consumption may be disastrous.

Carbohydrates are one of three macronutrients (the other two being protein and fat) that make up a balanced diet. Your body breaks down carbohydrates into glucose, which is then used as energy. Carbohydrates are especially important in our diet because they give us fast-acting energy: without enough carbohydrates, your brain will not be able to function properly, and you'll experience fatigue and irritability.



MALE PORTION



FEMALE PORTION

Step 4

DON'T FORGET ABOUT HEALTHY FATS

When you're planning out your meals, don't forget to take into account healthy fats and why they're important. Healthy fats like omega-3s and monounsaturated fats are linked to lower risk of heart disease and lower cholesterol, meaning that they can help prevent and reduce problems like hypertension, cardiovascular disease, and diabetes. They are found in nuts, fish, olive oil, coconut oil, avocados—and other delicious foods you should definitely be including in your meal plan! What's more? These healthy fats help make all your meals more filling, which means you'll eat less total calories over time.

For every meal, you only a thumb -sized serving as per pictures shown.



MALE PORTION



FEMALE PORTION



Meal planning TIPS & TRICKS

Tip 1

Take a look at the week ahead and decide which days/meals you will need to prepare.

Tip 2

Plan your meals and shopping for the week ahead using a weekly meal planner and shopping list.

Tip 3

Don't buy anything that's not on your shopping list when you go grocery shopping.

Tip 4

Prepare your meals and any other ingredients you need for the week ahead.

Tip 5

Prepared meals and ingredients should be stored in the fridge until needed.

Cooking TIMELINE



1. STARCHES

Cook your grains first, such as rice or potatoes. These can be used as a base for salads or as a side dish. You will need to allow at least 20-50 minutes for this, depending on the grain and size of the batch.

2. PROTEIN

Meanwhile, you can start preparing your protein. Marinate your meat, fish, or tofu, then roast, fry, or bake them. This can take 20-60 mins depending on the protein choice.



3. VEGETABLES

Prepare your veggies by cutting, chopping, and washing them. Ideally, you should have three containers, the first for chopped vegetables you can use as snacks. The second container can hold finely chopped vegetables that can be used for sandwiches or salads. Lastly, the third container can be used for vegetables that will have to be cooked (they can also be frozen).

4. CONDIMENTS

Make any sauces, salads, or dips you have on the menu now. You can also buy these, but always check the labels for hidden ingredients. It's easy to add flavor to your meals with condiments, and they go well with both cold and warm foods.



5. FRUIT

Most fruits like berries or apples don't need to be prepped, but if you have mango or pineapple, you can cut it into pieces and store in a container.

Thank You!

LET'S STAY IN TOUCH!

Now that we have meal prepping 101 under your belt, let's be sure to put that knowledge to work in your health - after all, at the end of the day you truly are your own Health Hero in this story!


Here at Strength In Self we are always here for you and will always be there to guide and encourage you in your health journey!


You've taken your first step to a healthier you, let's continue on that path and watch the success unfold in other areas of your life as well!

Thanks for being part of the Strength In Self family with Coach Laura K. and be sure to follow us or keep in touch with your progress! We love to hear your stories!



Laura Kilgos

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 Schedule a call with me

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Coach Laura K.
STRENGTH IN SELF