

Meal Prep Guide

Effortless Meal Prep: Exactly How To Reach Your Goals Without Spending Hours in the Kitchen



Inside this guide, you will learn:

- How To Plan Your Meals For The Week Based on **YOUR** Goals
- How To Build A Grocery List That Saves Time And Money
- Two Quick And Easy Meal Prep Strategies To Save You Time
- Pro Tips To Make Meal Planning and Prepping 10x Easier



Meal Planning

If you SKIP this step, meal prep becomes 10x harder.

Here's exactly how to make it simple, follow this step-by-step process:

01 *Decide How Many Meals You Are Prepping*

- **Ask Yourself:** How many meals do I want (or need) to have ready?
- **Think about your schedule.** What days are your busiest? What meals do you usually skip or struggle with? Those are the ones you should prep for.

02 *Choose Your Prep Method*

- **Option #1: Recipes**
- **Option #2: Bulk Prep**

03 *Set Your Nutrition Priorities*

- **Protein:** 30-40g per meal
- **Fiber-rich carbs:** like oats, rice, potatoes, beans, fruits, they keep your energy steady.
- **Healthy fats:** olive oil, avocados, nuts, don't fear these. They help control hunger and regulate hormones.
- **Veggies:** Add volume, fiber and micro-nutrients.

Meal Planning

04 Make A Simple Weekly Menu

- Breakfast: Choose 1-2 options you love and rotate them.

Here are some ideas:

1) Protein Oats

Macros: 430 kcal, 41g protein, 45g carbs, 9g fat

Ingredients:

- ½ cup oats (dry)
- 1 scoop whey protein (vanilla or chocolate)
- ½ banana, sliced
- 1 tsp chia seeds
- Water or unsweetened almond milk

Instructions:

1. Cook oats with water or almond milk until soft (about 2 minutes in the microwave).
2. Stir in the protein powder after cooking.
3. Top with banana slices and chia seeds.

2) Smoothie with Greek Yogurt:

Macros: 420 kcal, 42g protein, 35g carbs, 10g fat

Ingredients:

- 1 cup plain nonfat Greek yogurt
- 1 scoop whey protein (vanilla)
- ½ banana
- ½ cup berries (strawberries, blueberries, or mixed)
- 1 tsp flaxseed
- 1 cup unsweetened almond milk

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy cold.




Meal Planning

04 Make A Simple Weekly Menu

- Lunch & Dinner: Think “build-a-plate”

Follow this formula:

 **Protein:** 4 or 6 oz lean protein (*chicken, ground turkey, shrimp, eggs, tofu, greek yogurt*)

 **Veggies:** 1 or 2 cups (*broccoli, zucchini, bell peppers, spinach, asparagus, etc.*)

 **Complex Carbs:** ½ cup or 1 cup cooked (*rice, sweet potato, oats, quinoa, beans, or fruit*)

 **Healthy Fats:** 1 or 2 tbsp (*avocado, olive oil, nuts/seeds, nut butter*)

- Snacks: Keep it simple.

Here are some ideas:

- Greek Yogurt with Berries
- Protein Bar (less than 10g sugar, at least 20g protein)
- Fruits + Nut Butter
- Rice Cakes + Tuna
- Protein Shakes
- Smoothies
- Air Popped Popcorn





Wellness Within
By Luisana

Grocery Shopping

01 *Build Your List Using Your Weekly Plan*

Use your weekly plan to create your grocery list:

- Go through each planned meal and write down every ingredient you'll need.
- Then, check your fridge, freezer, and pantry to see what you already have on hand.
- Cross off what you don't need to buy so you're only purchasing what's missing.

This will save you time, money, and help you stay organized all week long.

02 *Creating Your Grocery List*

The best grocery lists are organized by aisle, or at least by store section. This keeps you from going back and forth while shopping (because that's a guaranteed way to end up with a load of junk in your cart).

Proteins: The key to fat loss, muscle, and reduced cravings.

- Egg whites
- Chicken breast
- Lean ground beef (96/4) or ground turkey (93%+)
- White fish or shrimp
- Non-fat Greek yogurt
- Low fat cottage cheese
- Protein powder (whey or plant-based)

Carbs: Support workouts, hormones, and energy.

- Fruits & veggies (berries, apples, bananas, spinach, broccoli, etc.)
- Whole grain bread
- Brown rice or quinoa
- Sweet potatoes or white potatoes
- Oats
- Beans & lentils
- Whole wheat pasta

Grocery Shopping

02 *Creating Your Grocery List*

Fats: Balance hormones & stay full longer.

- Nuts & seeds
- Avocados
- Olive oil
- Grass-fed butter
- Natural nut butter
- Chia seeds & flaxseeds
- Fatty fish like salmon or sardines

High-Volume, Low-Cal Foods: Great for when you want to eat more volume for less.

- Zucchini noodles or spaghetti squash
- Cauliflower rice
- Big leafy salads
- Egg whites + whole eggs
- Veggie stir-fry with lean protein
- Broth-based soups with shredded chicken
- Greek yogurt + berries + cinnamon
- Air-popped popcorn (or 100 cal bags)
- Strawberries, blueberries, watermelon
- Protein ice cream (made with Greek yogurt or frozen banana)

Flavor Boosters:

- Salsa & pico de gallo
- Light cheese or feta
- Zero sugar ketchup, mustard, hot sauce
- Low sugar marinara sauce
- Pickles, sauerkraut
- Garlic powder, onion powder, cumin, paprika, Italian seasoning

Grocery Shopping

03 *How To Save Time & Money*

- Buy frozen fruits and veggies, they're cheap, they last longer and are just as nutritious.
- Get pre-chopped or pre-cooked items (like pre-cooked chicken and pre-made salads) if you're short on time.
- Stick to the outer edges of the store (that's where most Whole Foods live)
- Buy meat in bulk and freeze portions: Get family-size packs of chicken, turkey, or fish, then portion them out and freeze. It's cheaper per pound and keeps you stocked so you shop less often.
- Shop store brands: Store-brand or generic versions are usually just as good as name brands but cost less. This can add up to big savings over time on staples like oats, yogurt, and canned goods.
- Use grocery store apps for deals: Most stores have free apps that show digital coupons, weekly sales, and loyalty rewards. A quick 5-minute scan before shopping can save you \$10-\$20 each trip.



2 Methods

For Quick & Easy

Meal Prep

Meal Prepping

01 *Recipe-Based Prep*

Pick your recipes

- Use my free recipe guide or search online for recipes that list calories and macros per serving so you know they fit your plan.
- Choose 1–3 options each for breakfast, lunch, and dinner that you actually enjoy and wouldn't mind repeating.

Plan your servings

- Decide how many portions of each recipe you'll need for the week (based on your calorie/macro targets).
- Adjust the ingredients and servings in the recipes accordingly.

Batch cook smart

- Cook 2–3 recipes at the same time (e.g. bake chicken while rice cooks and veggies roast).
- Use sheet pans, Instant Pot, air fryer, or slow cooker to make multiple servings quickly.

Store & label

- Portion meals into containers by serving size.
- Label with the recipe name + date.
- Store 3–4 days worth in the fridge, and freeze extras for later in the week.

✓ Best for people who like trying new recipes or want meals to feel more like “real dishes”



Meal Prepping

02 Bulk Prep Method

Pick your building blocks

- Choose 1–3 proteins (e.g. grilled chicken, ground turkey, shrimp)
- Choose 1–3 carb sources (e.g. rice, quinoa, sweet potatoes)
- Choose 1–3 non-starchy veggies (e.g. zucchini, bell peppers, broccoli)
- Choose 1–3 healthy fat staples (e.g. avocado, olive oil, nuts) - these usually last longer, so you won't need to buy them weekly

Plan your portions

- Decide how many servings of each you need to hit your weekly calorie/macro goals
- Cook enough for at least 3–4 days at a time so food stays fresh

Batch cook protein, carbs and veggies

- Cook all your proteins at once (bake, grill, or pan-sear)
- Cook all carbs at the same time (big pot of rice/quinoa, or roast potatoes)
- Roast or steam veggies in large batches
- Keep seasonings simple on the base foods so you can change flavors later

Assemble meals “Chipotle-style”

- Store each ingredient in its own container
- When it's time to eat, build your plate by adding the right portions of protein + carb + veggies + fat
- Add different sauces, herbs, or toppings to change the flavor each day



Best for people who don't want to cook every day, and prefer simplicity over variety.



Meal Prepping

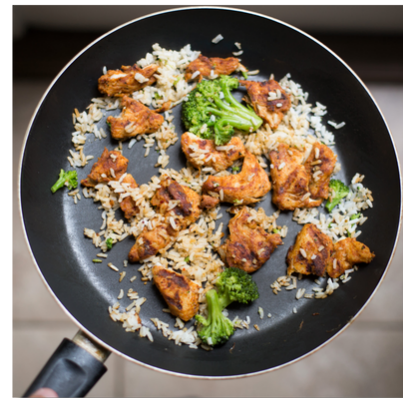
02 Bulk Prep Method

Example Bulk Prep:

- **Proteins:** Grilled Chicken, Lean Beef
- **Carbs:** Rice, Roasted Potatoes
- **Veggies:** Broccoli, Bell Peppers, Spinach

Example Meals:

- Chicken + rice + broccoli + tzatziki
- Beef + potatoes + spinach + avocado
- Chicken + whole grain bread + lettuce, tomato, onions + mayo





Pro Tips
**& Strategies To Make
Meal Planning & Prepping
10x Easier**



Wellness Within
By Luisana

Pro Tips & Strategies

How To Make Meal Planning and Prepping 10x Easier

Find your “go-to” meals:

- Identify 3–4 breakfasts, lunches, and dinners you enjoy and put them on repeat. It removes decision fatigue and makes planning automatic.

Prep your proteins ahead of time:

- Cook or season proteins in bulk right after grocery shopping. Keep some cooked and some raw (pre-seasoned) so they're ready to grab and cook fast.

Build a “meal prep rotation” list:

- Create a note in your phone with 6–8 of your go-to meals. Rotate from that list weekly instead of starting from scratch every time.

Stock frozen proteins for busy weeks:

- Frozen chicken and fish are often cheaper and come individually wrapped, great for quick, last-minute meals with zero waste.

Schedule your prep time like an appointment:

- Block off 1–2 hours in your calendar just like a meeting. Treat it as non-negotiable, you'll stop skipping it “when life gets busy.”



Wellness Within
By Luisana

Final Tip & Reminder

Find What Works Best For You And Your Household

You don't have to choose just one way to meal prep.

Many people find the most success using a mix of both methods, batch prepping staple ingredients (bulk prep) while also making a few full recipes they love.

This gives you the best of both worlds: flexibility, variety, and less stress during the week.



Interested in working with me?

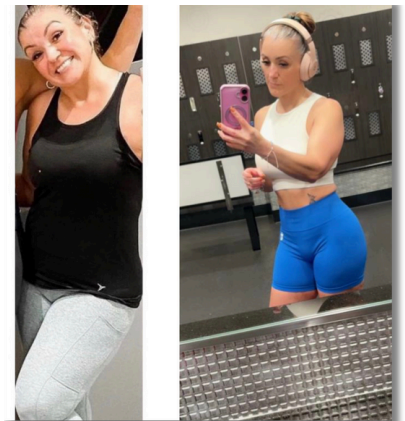
Book a call, completely free.

We'll talk about your goals, identify what's been holding you back, break down the noise & confusion around nutrition, and map out a plan based on what your body actually needs.

There's no pressure — just clarity!

 **Click To Book Your Call Now**

 **Or, Scan The QR Code:**



Thank You

My goal with this guide is to give you the tools and confidence to make meal prep simple and sustainable, so healthy eating feels **effortless and actually enjoyable**.

Remember, success with fat loss (and any health goal) comes down to consistency, patience, and flexibility. Some weeks will feel easy, others will feel messy, but progress isn't about perfection, it's about keeping yourself moving forward.

Use what you've learned here to take the guesswork out of meal prep, stay consistent, and create a routine you actually look forward to.

And if you ever need extra support, I'm just a message away!

-Coach Luisana

WHERE TO FIND ME:



Luisana Carrero



luisana@lcwellnesswithin.com



[luisana_nutritioncoach](https://www.instagram.com/luisana_nutritioncoach)



lcwellnesswithin.com

