

A close-up photograph of a white bowl filled with a vibrant salad. The salad includes fresh arugula, sliced cherry tomatoes, hard-boiled egg wedges, sliced carrots, chickpeas, and green peas. The bowl is set on a wooden surface. Overlaid on the bottom half of the image is large, bold, red text.

MEAL PREP HACKS

PLAN, PLAN, PLAN

Take the extra 20 minutes before you head to the market to come up with a strategy. **What are you going to eat for breakfast, lunch, dinner, and snacks? How many people? What's the serving size for each meal? How much of each ingredient do you need?** The extra time spent here will make sure you have the right amount of food for the week, prevent straying off course by buying food you don't need, and help prevent food waste.



MULTI-PURPOSE VEGGIES

Choose veggies that can work both ways - raw and cooked. Cut all your veggies at once when you get home. Now you've got a large stash to work with. Raw veggies work great for dipping and in salads. Cook up the other veggies by grilling, sauteing, or as ingredients in egg muffins or frittata.



MASON JAR SALADS

Simple way to pack in the veggies. Start with the dressing, add in the thicker veggies like diced peppers and carrots. Leafy greens go on the top layer. When you're ready to eat just stir it up!



BENTO BOX

MEASUREMENTS

Skip the measuring and keep things simple with portioned out containers. **Using the plate method we're looking for quarter plate of protein, quarter plate of starch like sweet potato or squash, and half a plate of veggies.** Apply this same strategy to handy lunch box containers. Veggies in the large bin, protein and starch in the smaller bin.



MUFFIN TIN MAGIC

Use this easy egg muffin recipe for nutritious on-the-go meals.

INGREDIENTS

12 eggs

1 cup diced broccoli

½ cup diced onions

1 cup diced mushrooms

½ cup diced bell peppers

1 handful of spinach

Salt and pepper to taste

Optional deli ham

DIRECTIONS

1. Preheat oven to 350 degrees
2. Dice up all vegetables (which you already did earlier!)
3. In a large mixing bowl, whisk eggs then add in all the diced vegetables
4. Pour mixture in greased muffin pan (coconut oil)
5. Bake for 18-20 minutes or until toothpick inserted in the middle comes out clean



A close-up photograph of a wooden cutting board. Several whole carrots and several radishes, sliced into halves, are arranged on the board. The background is slightly blurred, showing more of the vegetables. The text is overlaid on the top half of the image.

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