



MEAL PREP, MADE EASY

Base your meal prep on this
formula:

3+ veggies
2 proteins
1 starch
1+ sauces

mix and match between these items for a bit of
variety in your lunches - assume you take 4/5
lunches from home

try these...

VEGGIES

- aim for 2+ colours
- roasted
- raw
- steamed
- spiralled
- grilled

PROTEINS

- tofu
- tempeh
- chickpeas
- lentils
- white beans
- black beans
- bean based pasta
- salmon
- white fish

STARCHES

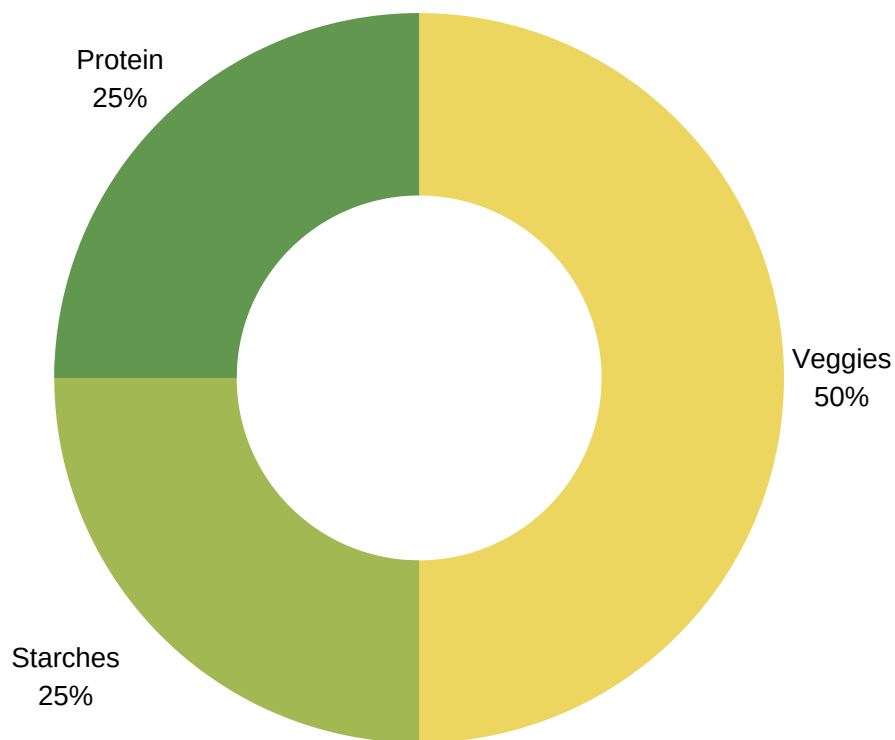
- potatoes
- pasta
- soba
- rice noodles
- quinoa
- bread

SAUCES

- pesto
- tomato sauce
- peanut sauce
- tahini sauce
- olive tapenade
- salsa



MEAL PREP, MADE EASY



what's on your plate?

when in doubt, try building your plate with this method, where 50% is made up of vegetables, 25% protein, and 25% grain or starch. It's a good rule of thumb for when you're throwing together a meal

MEAL PREP, MADE EASY

quick guide to veggies:

VEG	STEAM	SAUTÉ	ROAST	RAW
Aubergine		✗	✗	
Beetroot		✗	✗	✗
Bok choy		✗	✗	✗
Broccoli	✗	✗	✗	✗
Brussels sprouts		✗	✗	✗
Cabbage				✗
Cauliflower	✗	✗	✗	✗
Celery		✗		✗
Courgette		✗	✗	✗
Fennel		✗	✗	✗
Green beans	✗	✗	✗	✗
Kale		✗		✗
Lettuce				✗
Mushrooms		✗	✗	✗
Parsnips			✗	
Peas	✗	✗		✗
Peppers	✗	✗	✗	✗
Pumpkin	✗	✗	✗	
Squash	✗	✗	✗	
Tomatoes		✗	✗	✗



MEAL PREP, MADE EASY

quick guide to proteins

]

PROTEIN	HOW MUCH	WHAT
TOFU	Each block: 2-3 servings	Roast, sauté
TEMPEH	Each block: 3-4 servings	Roast, sauté
BEANS	1 – 400g tin: 2 servings	Nothing!
FISH	150g	Roast, sauté
BEAN PASTA	85g (3/4 c. dry)	Boil
EGGS	2 eggs	Boil, scramble

□

Should take up ~1/4 of your lunch

Sample weekly shopping list for ~8 lunches

1 block tofu (~3 servings)

3 tins beans (4 servings)

OR

450g salmon (3 servings)

1 tin beans (2 servings)

250g bean pasta (3 servings)



MEAL PREP, MADE EASY

quick guide to sauces

SAUCE	HOW MUCH
PESTO	1 handful herbs + $\frac{1}{4}$ c. nuts or seeds + $\frac{1}{4}$ c. olive oil + 1 garlic clove + 1 tbsp nutritional yeast
TOMATO	Jarred or homemade
PEANUT	$\frac{1}{4}$ c. nut butter + 1 tsp each soya sauce, sesame oil + 1 clove garlic + juice 1 lime + fresh ginger
TAHINI	$\frac{1}{4}$ c. tahini + juice 1 lemon + 1 clove garlic + $\frac{1}{4}$ c. water
OLIVE TAPENADE	jarred
SALSA	Jarred or homemade
SALAD DRESSING	1 part oil + 2 parts acid (vinegar/lemon juice) + 1 tsp Dijon mustard + 1 tsp maple syrup