

Gut Rescue

MEAL PREP



EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT

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How To Cook Once & Eat All Week

If you lead a busy life, one of the most powerful steps you can take towards staying consistent with your healthy eating plan is learning how to prepare your food ahead of time - AKA "meal prepping."

The truth is that after a long day, the LAST thing you want to do is spend an hour in the kitchen cooking (and then cleaning up afterward). That's why meal prep is so powerful: it allows you to cook just once or twice per week but have delicious, nourishing meals all week long.

What is meal prepping?

Meal prepping saves you from slaving away in the kitchen every day! Exactly how much you want to prep is up to you, but here's the basic idea:

One day a week (or two, depending on your preferences), you devote a bigger chunk of time to cooking (think a couple of hours) so that you DON'T have to cook on other days.

There are many different ways you can implement meal prepping, but the two main strategies are **Recipes** and **Basics**.

In this guide, you'll learn how to use both meal prep strategies and the basic tips you can use no matter what style of meal prep you prefer!

Meal Prep Basics

What kind of meal prepping works best for you will depend on YOUR unique lifestyle - so don't feel like you HAVE to do it one specific way to be successful.

No matter what style of meal prepping you prefer, here's what you need to do before your meal prep to ensure your success:

- Get everyone out of the kitchen (husbands, kids, and dogs)!
- Make sure you're starting with a clean workspace.
- Stock up on lots of glass containers to store your cooked food in.
- Go grocery shopping and get everything you need (you don't want to be halfway through and realize you're out of onions!)
- Try "mise en place" - this means prepping, washing, and chopping each ingredient BEFORE you start cooking - not as you go (it can save a lot of headaches in the long run!)
- Double (or even triple) your favorite recipes so you can cook less and eat more.
- Put on music, a podcast, or TV that you enjoy to make the process feel fun!

Once you're done prepping and cooking, you can stand back and marvel at all the healthy, delicious food in your fridge. You've just set yourself up for days of success!

Now that you know the basics of meal prep, let's dive into the two most common meal prep styles.



“Recipes” Meal Prep Method

The Recipes style of meal prep allows you to create multiple different meals to eat throughout the week.

This style is best for people who want to know exactly what they'll be eating. It's also good for those of you who are prepping meals for more than just yourself.

You'll start by creating a “database” of your favorite recipes that can be prepared in advance. Remember that not all recipes fare well being cooked and then reheated! Fish and seafood, for example, are usually better prepared fresh than prepped ahead of time.

Track your recipe database in a spreadsheet, a notebook, or on index cards (our favorite way).

Write out the recipe name, ingredients with quantities needed, and directions. When you're ready to make your weekly grocery list, you can choose recipes from this database. Then calculate what you need for the week based on how many portions you're planning on prepping.

You'll prepare these individual meals all at once and either portion them out into individual servings or store in larger containers to reheat all at once. If you're prepping for your entire family but know you'll want to use leftovers of each meal for lunch the next day, go ahead and portion out one serving now and package the rest up together.

If you're meal prepping with the Recipes method for the first time, we recommend starting with just 3 recipes and working your way up to 5 per week. Over time, you'll learn which recipes work best with each other and meal prepping will become second nature!

“Basics” Meal Prep Method

The “Basics” meal prep method doesn’t rely on recipes or pre-planned meals - instead, you’ll prepare multiple building blocks of healthy meals that you can mix and match throughout the week to create something new every time you eat!

This method is great for people who like to create new flavors at every meal. If you hate eating the same thing for dinner and then for lunch the next day, this might be the method of meal prep you’ll like best!

You’ll start by deciding which basics you want to use that week:

- 2-3 prepared veggies (think roasted broccoli or washed and dried salad)
- 2-3 prepared meats (the slow cooker is ideal for this)
- 2-3 carbs (this could be roasted sweet potatoes, quinoa, etc.)
- Seasonings, sauces, toppings, & condiments

The key to making this work is prepping enough of each basic for multiple meals and keeping the flavors simple. Don’t just cook one chicken breast, cook a whole chicken! You’ll then mix and match the basics all week long - swapping in new seasonings, sauces, toppings, or condiments to keep the flavors fresh.

You can make your own sauces, and simple toppings at home or purchase high-quality store bought ones. Some of our favorite condiments and toppings include:

- Fresh herbs & spices
- Salsa & hot sauces
- Avocado oil mayo
- Pickled onions
- Lemon or lime juice
- Nuts & seeds
- Oil & vinegar
- Crumbled bacon
- Avocado & guacamole
- Mustard
- Coconut Aminos

Once you prepared your basics, you get to let your creativity shine and come up with different ways to combine them for a new meal every time you eat.



Meal Prep Success Is In Reach!

Meal prep is the simplest tool you can utilize to make microbiome healing faster, easier, and more successful!

We hope these tips and tricks empowered you to get started with meal prepping - even if it's just one or two things to start.

The ease and convenience of meal prepping makes it addictive! Once you start and see how easy it makes living a healthy life, we're sure you'll be hooked.

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