

# MEAL PLAN HELPER

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# Meal Prep Tips

Being a mom, with a new baby or as a seasoned pro, the only constant is being busy. Many moms really want to give themselves and their kids well balanced home cooked meals 7 nights a week, however that reality can be a little out of grasps some times.

I coach my clients to set small realistic goals and to use their time wisely and efficiently. Here are a few tips to help you get dinner to the table with less stress.

1. **Look at a calendar.** This might seem basic, but seriously, look and see what days you actually have time to cook, and what days it just isn't going to happen. Don't set yourself up for unrealistic expectations.
2. **Choose 1 or 2 days where you have the most time to cook.** See where you can carve out 30-45 minutes. On those days you have more time, prepare enough ingredients for 2-3 meals.
3. **Cook Once/Eat Twice.** If you're in the kitchen, make the most of the time you have. Chop all your veggies and put them in containers where you can grab, go, reheat, easy peasy! When it comes to protein sources, I suggest seasoning mildly salt, pepper, (I like to add a little herbes to provence I think it goes with anything) and bake it. Make sure you do this to make enough for a few meals, so think 1-1.5 pounds for 1 evening meal for 4 adults, so bake 3+ pounds to last for a few days. When this is done you now can reheat your protein in a variety of sauces and seasonings to make NEW quick meals throughout the week. Check out the table below.
4. **Play the Reheat Scramble.** Once your proteins are cooked you can reheat and re-purpose with different seasonings and sauces

# 6 Week Meal Plan

My 6 week Meal Plan: Sept 16 - Oct 27th

16 - Big Sky Salad  
17 - Crunch Wrap Supreme Casserole  
18 - Leftovers  
19 - Pork Chops + Veg + Potato  
20 - Leftovers  
21 - Not Home  
22 - Easy Meal: Tomato Soup and Grilled Cheese  
23 - Pork Schnitzel (for Mabon/Okttoberfest)  
24 - La Scala Salad  
25 - Country Ribs + Veg + Rice  
26 - Not Home  
27 - Leftovers  
28 - Wonton Soup  
29 - Crock Pot - Chicken Swarma  
30 - Roasted Veggie Lentil Salad  
1 - Spaghetti and Meatballs + Salad  
2 - Leftovers  
3 - Thai Spring Rolls  
4 - Garlic Pasta (Minimalist Baker)  
5 - Eating Out  
6 - Butternut Squash Soup and Salad  
7 - Roasted Chicken  
8 - Quesadillas  
9 - Leftovers  
10 - Gnocchi Sausage and Broccoli  
11 - BBQ Chicken Salad  
12 - Crock Pot - Braised Pork Shoulder  
13 - Stuffed Butternut Squash  
14 - Chicken Cheese Steaks  
15 - Perogis and Veg  
16 - leftovers  
17 - Harvest Salad  
18 - Cacio e pepe  
19 - Open Space  
20 - French Country Soup  
21 - Pot Roast  
22 - Butternut squash lasagna  
23 - Leftovers  
24 - Big Sky Salad  
25 - Crunch Wrap Supreme Casserole  
26 - Open Space  
27 - White Bean Rosemary Soup

## Find Recipes Here:

Pinterest Board of Fall Meals

<https://pin.it/7Brvgz7Xq>

Pinterest Board of Soups

<https://pin.it/4UydQnmhV>

Pinterest board of takeout meals

<https://pin.it/1sr7csRB1>

### What sounds good to you?

Decide what protein, seasonings, and sides you want to make this week

Protein	Sauce/Seasoning	Vegetable	Starch or Grain

#### Proteins

Beans and Legumes  
Chicken  
Eggplant  
Eggs  
Milk, yogurt, cheese  
Mushrooms  
Nuts and Nut Butters  
Pork  
Red Meat  
Soy, Tofu, and Tempeh

+

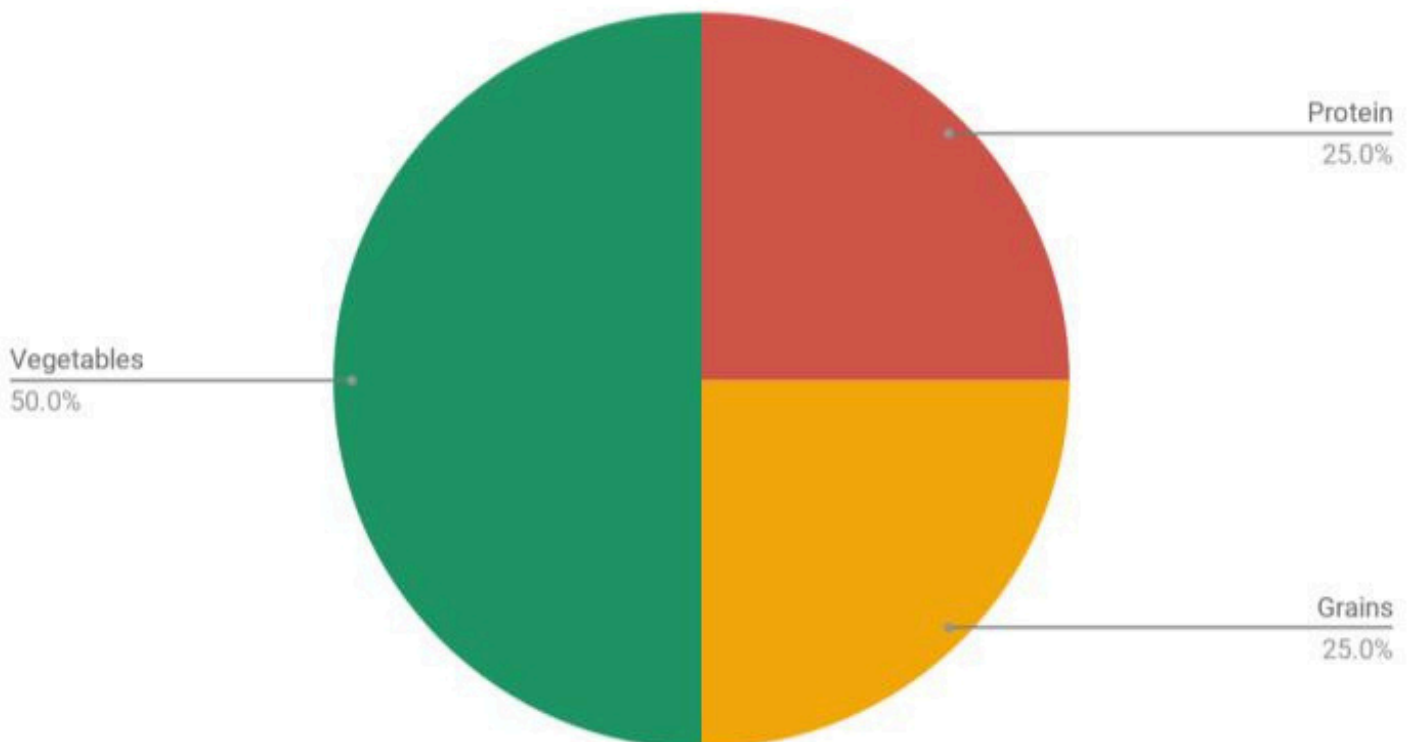
Sauce/Seasoning	Side Dishes	New Meal	Notes: Reheat your protein...
Pasta Sauce	Pasta and Green Beans	Presto Parmesan	in your favorite pasta sauce and top with cheese to make a quick Italian Meal
Salsa	Black Beans and Bagged Salad	Taco Salad	With drained and rinsed black beans and top salad greens and salsa for a quick salad
Jarred Tiki Masala or other Curried Sauces	Chickpeas and Frozen Cauliflower Florets	Quickie Curry	With rinsed chickpeas and cauliflower and sauce for a yummy meal.
Teriyaki/Asian Sauces	Instant Brown Rice and Frozen Stir Fry Veggies	To Easy Take Out	In this sauce and cook frozen veggies and rice as directed
Broths and Stocks	Noodles and Frozen Soup Veggies	Soups On	Cook noodles in broth then add frozen veggies and finally protein to warm through for a quick soup
Pesto	Steak Fries and Frozen Broccoli	Presto Pesto	In Pesto while Steak fries bake and you reheat broccoli as desired
Diced Tomatoes	Brown Rice and Bagged Slaw Mix	Un-stuffed Cabbage	On the stove top. Then Add tomatoes and Slaw into the pan and season with salt and pepper. Serve over Brown Rice

### Building a Plate

There are a million different ways to eat, but this is a very GENERAL way to build a plate or a mixed dish. Mostly vegetables and fruits, grains, and proteins. For more specific guidelines for your family reach out to a Registered Dietitian.

Protein Options	Vegetable Choices	Grains and Starchy Vegetables
Beans and Legumes Chicken Eggplant Eggs Milk, yogurt, cheese Mushrooms Nuts and Nut Butters Pork Red Meat Soy and Tempeh	Green Leafy Veggies (Spinach, kale, collard, mustard, arugula, lettuce, etc) Carrots, Celery, Onions Tomatoes Green Beans Broccoli, Cauliflower, Brussels Sprouts Asparagus Zucchini, Yellow Squash Peppers	Pasta and Rice Bread, rolls, buns, tortillas Potatoes and sweet potatoes Corn Butternut Squash

### Building a Plate



# Meal Prep Tips

## Let the Grocery Store Help You

Choosing products that are pre prepared isn't a bad thing!! Use these things to help your self, and your family, out!

Here is a quick Grocery List you can start building some staples to have on hand.

Produce Section	Pantry items	Freezer Section
Precut Broccoli Carrots and Celery Bagged Slaw Mixed Veggie Trays Guacamole	Pasta sauce Jarred Tikka Masala Teriyaki Sauce Canned Black Beans Canned Chickpeas Precooked Brown Rice Pre Cooked Quinoa Nut butter Canned, low sodium, veggies	Frozen Broccoli Frozen Cauliflower Frozen Edamame Frozen Stir Fry Veggies Frozen Eggplant Slices Frozen Any Veggies!