

**MEAL PREP GUIDE!!**

B Y D I E T I T I A N D A D

**F O L L O W M Y " P S P M E T H O D F O R**

**S U C C E S S !**

**P : P L A N ( 1 H O U R ) S : S H O P ( 1 H O U R ) P : P R E P ( 1 H O U R )**

**R E M E M B E R ! W I T H O U T A P L A N , M O S T O F U S E N D U P E A T I N G**

**F O O D S W E D I D N ' T " P L A N " T O E A T A N D**

**E N D U P R E G R E T T I N G**

S T E P 1 :

M A K E L I S T S O F Y O U R F A V O R I T E P R O T E I N S ,

F R U I T S / V E G G I E S , C A R B S , A N D C O N D I M E N T S

S T E P 2 :

F I N D 1 M E A L R E C I P E A N D 1 S N A C K R E C I P E F O R E A C H P R O T E I N Y O U L I K E

( P R E F E R E B L Y O N P I N T E R E S T ) . D O T H E S A M E F O R E A C H

F R U I T / V E G G I E A N D C A R B T H A T Y O U L I K E A S W E L L . Y O U

S H O U L D H A V E A T L E A S T 5 D I N N E R S / L U N C H E S A N D 5 S N A C K I D E A S .

S T E P 3 :

C R E A T E A S H O P P I N G L I S T . S E P A R A T E I N G R E D I E N T S B Y

P R O T E I N , F R U I T , V E G G I E S , A N D S T A R C H E S T O M A K E T H E

S H O P P I N G T R I P Q U I C K E R .

**BENTO BOX MEAL PLAN**



DIETITIAN DAD

MONDAY Sweet peppers, cucumbers, 2 hard boiled eggs with Everything

seasoning. Greek yogurt with

strawberries and Cilantro Dill dip

TUESDAY Carrots and hummus. Deli turkey with string cheese, grapes, and goldfish

WEDNESDAY Smoked salmon, dill dip, hard

boiled egg, sea salt crackers, cucumbers and raspberries

THURSDAY Shrimp salad with mango, avocado,

and tomato on a bed of greens.

Edamame and dark chocolate with cashews

FRIDAY Kale salad, apples with peanut butter and chocolate chips, taco salad with

turkey meat, corn tortillas, cheese, and tomatoes

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