

FOODSHOP + MEAL PREP LIKE A BOSS

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CHOOSE 3 PROTEIN SOURCES

CHICKEN BREAST/TURKEY/NON-FAT GREEK
YOGURT/TUNA/SHRIMP/COD/COTTAGE CHEESE/ EGG
WHITES/PROTEIN POWDER/TOFU/SEITAN/COLD
CUTS/CHEESE
GREAT FAT SOURCES TOO - WHOLE EGGS/BACON/TURKEY
SAUSAGE/CHICKEN THIGHS/LAMB/SALMON

CHOOSE 3 CARB SOURCES

POTATOES/RICE/BREAD/CEREAL/PASTA/TORTILLAS/OATME
AL/CRACKERS/PANCAKE MIX/
WAFFLES/PLANTAINS/YUCA/QUINOA/MAPLE
SYRUP/JAM/JELLY/HONEY/BABY FOOD POUCHES (TRUST
ME ON THIS ONE! LOL)

CHOOSE 3 FAT SOURCES

OLIVE OIL/AVOCADO
OIL/ALMONDS/AVOCADOS/GUAC/OLIVES/DRESSINGS/GHE
E/CHEESE/NUT BUTTERS/SUNFLOWER SEED
BUTTER/SEEDS- CHIA/HEMP/GROUND FLAX/NUTS -
WALNUTS/HAZELNUTS/PEANUTS/BRAZIL NUTS

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CHOOSE 2-3 FRUIT SOURCES

APPLES/BANANAS/CHERRIES/CLEMENTINES/CANTALOUPE
/DATES/FIGS/GRAPES/GRAPEFRUIT/KIWIS/MANGO/MELO
N/ORANGES/PINEAPPLE/PEARS/PEACHES/RASPBERRIES/
STRAWBERRIES/WATERMELON

CHOOSE 3 VEGGIE SOURCES

ARTICHOKE/ASPARAGUS/BEANS -
GREEN/WAX/BRUSSELS
SPROUTS/BROCCOLI/CABBAGE/CAULIFLOWER/CELERY/CUC
UMBER/EGGPLANT/GREENS -
COLLARD/KALE/MUSTARD/MUSHROOMS/ONIONS/PEPPER
S/RADISHES/SPINACH/SPAGHETTI SQUASH/SUGAR-SNAP
PEAS/TOMATO

~ SWITCH THINGS UP ~

- MIX AND MATCH CARB/PROTEIN/FAT DAILY AND WEEKLY COMBOS
- DON'T FORGET TO ADD FLAVOR - SPICES/MARINADES/DRESSINGS/ETC
- CHECK OUT MEALHERO.COM - FIND RECIPES BASED ON INGREDIENTS YOU HAVE ON HAND - JUST PLUG THEM IN AND BAM!

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PLAN MEALS

BASED ON THE FOODS YOU PICK, PUT TOGETHER A MENU FOR THE WEEK - KEEP IN MIND TO BALANCE YOUR MEALS USING CARBS/PROTEIN/FAT/VEG COMBO!



PLAN ACCORDING TO YOUR SCHEDULE - YOU CAN PREP AS FAR AS YOU'D LIKE. YOU CAN PREPARE MEALS ON A DAILY BASIS OR USE THE BATCH METHOD (KEEP READIN'!)

BREAKFAST IDEAS

- EGG SANDWICH - EGGS/EGGWHITES/CHEESE/TURKEY BACON/DAVE'S KILLER BAGEL/TOPPED WITH AVOCADO/TOMATO/SPINACH/EVERYTHING BUT THE BAGEL SEASONING
- PARFAIT - GREEK YOGURT/CHIA SEEDS/FRUIT/GRANOLA/NUT BUTTER/CINNAMON/CHOCOLATE CHIPS IF YOU'RE FEELING FANCY
- OVERNIGHT OATS - OATS/MILK/PROTEIN POWDER/FRUIT/CINNAMON/NUT BUTTER
- CHICKEN + WAFFLES - FROZEN WAFFLES/PULLED CHICKEN/MAPLE SYRUP/AVOCADO/BERRIES
- BFAST SPREAD - HARD BOILED EGGS/CHEESE/BERRIES/CHERRY TOMATOES/BALSAMIC DRIZZLE

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LUNCH & DINNER IDEAS

- TACO BOWL - GROUND MEAT/BROWN RICE/PICO DE GALLO/SAUTEED PEPPERS, ONIONS, MUSHROOMS/GUAC/HOT SAUCE
- TACOS - TORTILLAS/PROTEIN OF CHOICE/SHREDDED CHEESE/PICO DE GALLO/GUAC/PEPPERS/LIME
- PASTA & MEATSAUCE - CHICKPEA PASTA/GROUND PROTEIN/TOMATO SAUCE/STEAMED BROCCOLI/SHAVED PARM/FRESH BASIL IF YOU'RE FEELIN' FANCY
- FRIED RICE - RICE OF CHOICE/PROTEIN OF CHOICE/EGGS/MIXED VEGGIES/COCONUT AMINOS/GARLIC POWDER/TOPPED WITH SCALLIONS
- BOMB TUNA SALAD SANDWICH - CANNED TUNA/MASHED AVOCADO OR MAYO (OR BOTH LOL)/CHOPPED ONIONS, TOMATOES, CILANTRO/LEMON JUICE/SALT/PEPPER WITH LETTUCE, ON 2 SLICES OF DAVE'S KILLER BREAD OR MIXED WITH CHICKPEAS

SNACK IDEAS

- RICE CAKES TOPPED WITH NUT BUTTER/FRUIT/HEMP HEARS/CINNAMON
- RICE CAKES TOPPED WITH HUMMUS/SLICED TOMATOES/CUCUMBERS/EVERYTHING BUT THE BAGEL SEASONING
- GREEK YOGURT TOPPED WITH FRUIT/GRANOLA/NUTS/SEEDS
- RAW PEPPERS/CARROTS/CUCUMBERS WITH HUMMUS
- HARD BOILED EGGS + FRUIT OR VEG
- PROTEIN BARS (I LOVE PERFECT BARS)

GROCERY LIST EXAMPLE

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PROTEIN

- CHICKEN BREASTS
- CANNED TUNA
- GROUND TURKEY

VEGGIES

- BROCCOLI
- PEPPERS
- ZUCCHINI

CARBS

- QUINOA
- RICE
- CHICKPEAS

FRUITS

- BANANAS
- BERRIES
- CELENTINES

FATS

- OLIVE OIL
- AVOCADOS
- HEMP HEARTS

SNACKS/MISC

- RICE CAKES
- NUT BUTTER
- PERFECT BARS


SHORT ON TIME?

- USING DELIVERY FOR YOUR GROCERIES CAN SAVE YOU THE TRIP TO YOUR STORE
- CHECK OUT PRE-COOKED/CUT FOOD ITEMS: HARD BOILED EGGS/BREAKFAST SAUSAGES/DELI MEAT/ROTISSERIE CHICKEN/SWEET POTATO FRIES/PRE-CUT VEGGIES: SPIRALIZED ZUCCHINI, CHOPPED ONIONS, SHREDDED CARROTS, DICED POTATOES OR SQUASH/MICROWAVABLE RICE

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BATCH PREP

1. SET ALL INGREDIENTS OUT ON THE COUNTER TOP, RINSED/UNWRAPPED, IF NEEDED, AND READY TO GO! TURN ON SOME MUSIC TO MAKE IT ENJOYABLE
2. ALWAYS START COOKING THE FOOD THAT IS GOING TO TAKE THE LONGEST – USUALLY CARBS (LIKE POTATOES) AND PROTEIN (LIKE CHICKEN)
3. MULTI-TASK!
 - WHEN WAITING FOR THINGS TO COOK, UTILIZE THAT TIME TO CUT/CHOP/PREP OTHER INGREDIENTS LIKE VEGGIES (FOR SALADS AND THE VEGGIES TO BE COOKED).
4. HAVE VEGGIES AND PROTEIN ON DECK READY TO BE SWAPPED OUT WHEN THE FIRST BATCHES ARE READY
5. SIMPLICITY FOR THE WIN – GRILLING, ROASTING, SAUTÉING ARE THE BOMB.COM
6. DON'T FORGET TO DISCONNECT FROM YOUR PHONE AND PRACTICE BEING MINDFUL 

COME PREPARED

- VARIOUS MIXING BOWLS
- MEASURING CUPS AND SPOONS/FOOD SCALE
- SAUTE PANS
- BAKING SHEETS (SILICONE MATS ARE A GAME CHANGER)
- CROCKPOT/AIR FRYER
- TUPPERWARE