

The Complete Meal Prep Guide

Plus Recipes And A Gluten & Dairy Free Shopping List



When it comes to making lasting changes, the most difficult part seems to be consistency and planning. Most people start out doing well, being committed and organized then one thing happens that throws them off kilter and meal prep is no longer a part of their routine. How do I know this? Been there, done that.

I get it, a proper meal prep does take time and organization but I think most of it is about mindset. And I hope this little guide will help you succeed!

THE BASICS OF MEAL PREP



Pick a few recipes

There are so many options and variations of recipes on the internet but what's important is that you pick a few meal prep recipes that are easy enough for you to stick with. You can add variations to them but you know that they're simple for you to put together without overwhelm.

Choose a day of the week

For me this is usually Sunday. Choosing 2 hours to make everything for the week, will pay off. You won't be tempted to quickly pick up something when you've invested precious time and energy in your meal prep.

Get your basic ingredients

In order to be prepared and have everything on hand, get your basic ingredients when you grocery shop so you're less likely to skip the meal prep portion of your day. You can get a free copy of the mostly paleo shopping list when you sign up for the calm eats newsletter.

Don't look at it as a chore

When you change your mindset from it being a dreaded thing you have to do to this is an investment for your health you will find enjoyment in doing so. While you're at it, play your favorite music, have a glass of wine or tea or whatever you're into. Make the experience pleasurable and you'll associate meal prepping with pleasure every time. (Yes, a little psychology goes a long way)

Have enough containers

This probably seems obvious but again, if you invest in the proper containers, you're more likely to stick with meal prep. Having the proper tools is key.

Make it exciting

Meal prep does not mean boring. Play around with spices and different flavors and don't be afraid to experiment. No one wants to eat boiled chicken.

Use the right gadgets

Most of us have an oven and some of us have grills and if we're lucky we even own a crock pot or an Instant Pot. These will become your meal prep best friends. Use them often and in creative ways.

Get others involved

If you share your home with someone else and feel like you'll miss out on stuff while working on your weekly meal prep, get them involved. Whether it's a partner or children, ask them to pitch in. They can peel vegetables, get containers ready or help you with making one of the dishes. It's more likely they'll want to eat better when they're involved in the process.

Start small

If you're just starting out, I recommend focusing on one or two recipes and going from there. Starting with vegetables and chicken for lunch or having all your breakfasts made for the week, will ensure that you're going to stick with it.

Make it routine

You know how you get in the shower, do your thing, dry off, get ready and don't really invest much mental energy because you know every step of the process as if on autopilot? It's routine. Incorporating your weekly meal prep in your routine will ensure that it's something you're not going to easily abandon as it will be part of your day.



MEAL PREP FOODS

Now that we covered some of the basics of meal prep, let's look at some staple foods you may want to use for your meal prep. These are just suggestions and you can tailor them according to your preference.

Roasted vegetables

Sweet potatoes
Carrots
Broccoli
Beets
Bell peppers
Zucchini
Sweet onion
Brussels sprouts
Butternut squash
Fennel
Asparagus



Grains

Quinoa
Wild rice
White rice
Buckwheat
Brown rice
Millet - if strict paleo, use cauliflower rice instead

Protein

Chicken
Steak
Pork
Shrimp
Salmon
Tuna steak



Canned

Tuna
Mackrell
Sardines
Salmon
Vegetables
Beans of your choice (skip if strict Paleo or Whole 30)



Eggs

Egg salad
Hard boiled eggs
Mini frittatas



Raw chopped vegetables

Cucumber
Avocado
Carrots
Celery
Bell peppers
Radishes
Romaine lettuce
Baby spinach
Mixed greens
Tomatoes

Nuts, seeds and nut butters

Almonds
Walnuts
Cashews
Peanuts (skip if Paleo or Whole 30)
Macadamia nuts
Pumpkin seeds
Sunflower seeds
Almond butter
Cashew butter
Peanut butter (skip if Paleo or Whole 30)



MEAL PREP RECIPES

Roasted vegetables



Meal prep chicken



Basic cauliflower rice



Egg salad



Paleo chocolate pancakes



Mini frittatas



CALM EATS - Gluten & Dairy Free Shopping List

FRUIT

(Ideally Organic)

All fresh fruit

All dry fruit that is unsulfured and contains no added sugar

VEGETABLES

(Ideally Organic)

All fresh vegetables and herbs

**Use Sparingly:*

Corn

White potatoes

Peas

Sugar snap peas

Snow peas

MEAT AND EGGS

(Ideally grass fed)

Beef

Chicken

Pork

Turkey

Bison

Venison

Eggs

FISH AND SHELLFISH

(Ideally Wild Caught)

All fish and shellfish (including canned salmon, tuna, sardines, anchovies)

PANTRY FAVORITES

All nut and seed butters (except for peanut)

No sugar added canned vegetables and fruit

Coconut milk

Vanilla extract

All herbs and spices

Spice blends without preservatives

Arrowroot starch/flour

Grain free flours (Coconut, Flax, Casava, Almond)

Coconut flakes or chips (unsweetened)

Cacao

Cocoa powder (100%)

Ground coffee

Tea

OILS

(Ideally Organic)

Coconut oil

Avocado oil

Olive oil

Sesame oil

Walnut oil

NUTS AND SEEDS

(Ideally Organic)

All nuts and seeds (raw or dry roasted)

BEVERAGES

Bone Broth

Coffee

Tea

Sparkling and mineral water

Almond milk

Cashew milk

Coconut milk

Dry white wine

Dry red wine

Hard cider

Vodka

Gin

FERMENTED

Kombucha

Kefir water

Sauerkraut (refrigerated)

Pickles (refrigerated)

SWEETNERS

(preferably organic)

Honey

Pure maple syrup

Agave nectar