



HSN BEGINNERS GUIDE TO MEAL PREPPING

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A goal without a plan is just a wish! In this free guide, you will learn how to set yourself up for success without spending all weekend in the kitchen!

Step One: Pick 3 Staple Recipes That Look Good To You

Pick One: Breakfast	Pick Two: Proteins	Pick One: Starch
<p>Examples:</p> <p><u>Amish Oatmeal</u></p> <p><u>Double Chocolate Chip Overnight Oats</u></p> <p><u>Egg Muffins</u></p>	<p>Examples:</p> <p><u>Pulled Chicken Egg Roll in a Bowl</u></p> <p><u>Meatloaf Muffins</u></p>	<p>Examples:</p> <p><u>Roasted Butternut Squash</u></p>



Step Two: Next Plan Your Staples, Snacks & Veggies

Once you have your few recipes made, you want to be able to pair them with your staples. For example, you might get 3-4 bell peppers to cut them up and have with lunch or a few heads of broccoli to have roasted broccoli for dinner.

Veggies

Examples:

broccoli, peppers, cucumbers, carrots, cauliflower, mushrooms

Starches/Starchy Veggies

Examples:

sweet potato, butternut squash, beans, quinoa or brown rice

Fruit

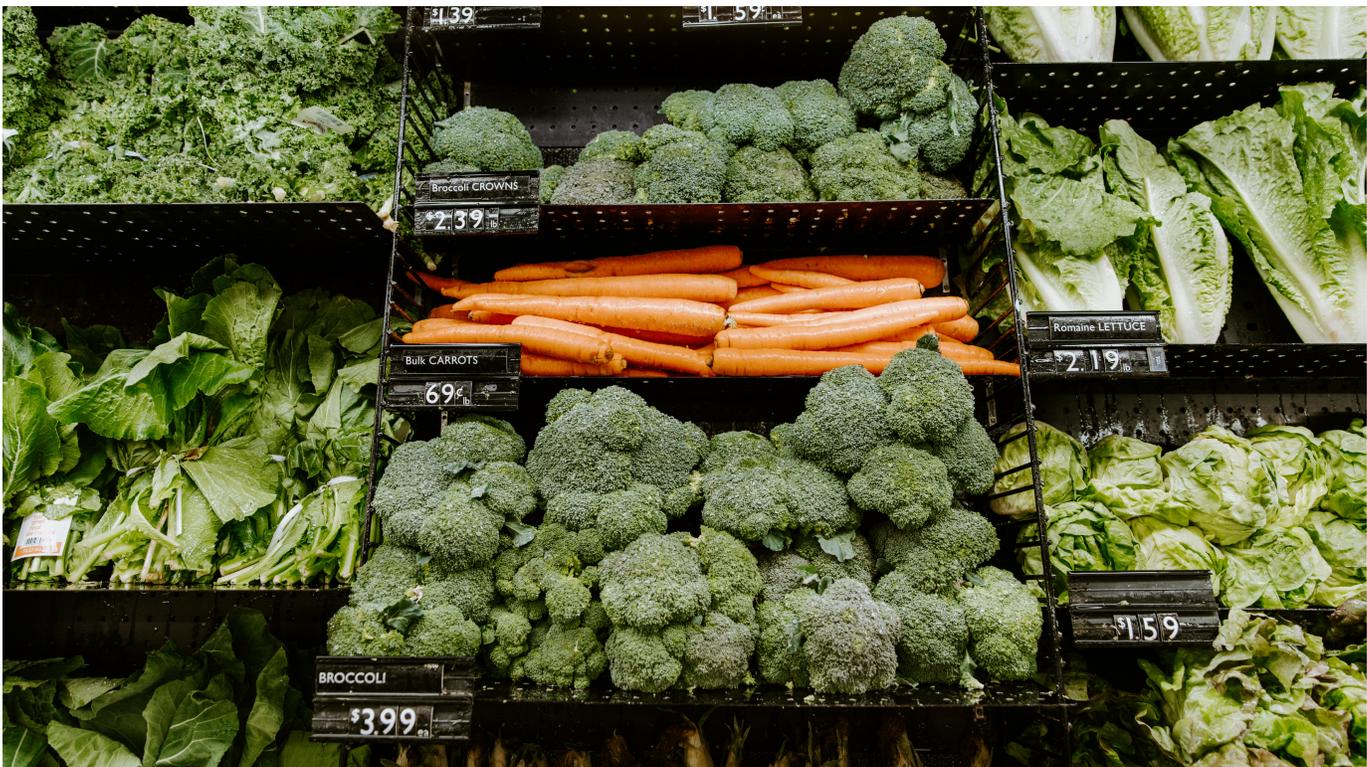
Examples:

berries, orange, apple, pear, banana, grapes

Healthy Fat

Examples:

olive oil, almonds, avocado, cashews, pecans, nut or seed butter



On-The-Go Snacks

Examples:

- Low sugar greek yogurt
- RX Bar
- Perfect Bar
- RX Oatmeal
- Turkey jerky with fruit
- Turkey roll-ups with avocado and peppers
- Hard boiled egg with fruit
- Hummus and veggies

Step Three: Do An Inventory In Your Pantry & Refrigerator

What do you have? What do you need? Then make a list!

Example Grocery List



Protein

- Chicken - 2 pounds chicken breast
- Beef - lean, ground, sirloin steak

Veggies

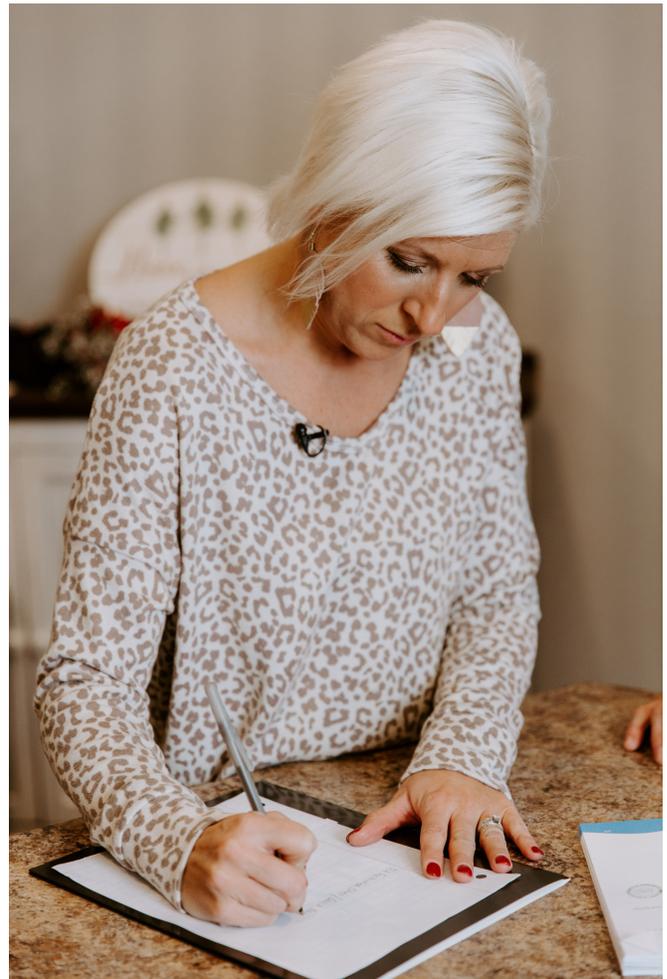
- Broccoli/Cauliflower
- Cucumber/Peppers

Fruits

- Berries
- Apples

Misc

- Rice - brown
- Nut or seed butter



Grocery List



Protein

- _____
- _____
- _____
- _____
- _____
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- _____
- _____

Fruits & Starch

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Nonstarchy Veggies

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Misc

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Step Four: Go Grocery Shopping

Bring your list and stick with it! Don't go grocery shopping when hungry as it will make it hard to stay on track.

Try to shop mostly the perimeter of the grocery store focusing on the whole foods (veggies, fruits, nuts, seeds, meat, dairy). You want to load up your cart with mostly veggies, protein, some fruit, little starch and healthy sources of fat.

Before putting anything in your cart, take a minute to read the nutrition facts label. While some foods have health claims on the front like “whole grains” or “good source of vitamin C” it could be loaded with sugar.



How to Read a Nutrition Facts Label

1. Serving Information →

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

2. Calories →

3. Nutrients →

4. Quick Guide to Percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

1 Serving Information contains the number of servings in the package and the serving size. All the nutrition information that is listed on the label, including the number of calories, refers to the size of the serving.

2 Calories provide a measure of how much energy you get from a serving of food. The number of calories that you consume depends on the number of servings that you eat.

3 Saturated fat, sodium, and added sugars are nutrients identified to consume less of. Dietary fiber, vitamin D, calcium, iron, and potassium are nutrients identified to consume more of. Total Sugars on the Nutrition Facts label includes sugars present naturally as well as any added sugars that may be present in the product.

4 The % Daily Value is the percentage of the Daily Value for each nutrient in a serving of a food. It shows how much a nutrient in a serving of a food contributes to a total daily diet and helps you determine if a serving of food is high or low in a nutrient.

Pro Tip: When looking at the ingredients list, the ingredients are listed in order of abundance. For example, the first ingredient listed is the most abundant.

Step Five: Meal Prepping

How many times have you bought something healthy with great intentions then it goes bad in the fridge? We are all guilty of this!

Instead, after you finish shopping, plan time to cut, wash and prep your meals for the week.



Timing:

If you are doing a crockpot meal, like pulled chicken, go ahead and start that first. From there, start prepping anything that goes in the oven.

While all of that is cooking, wash, cut, and portion your fruits and veggies for the week.

Here's What It Might Look Like:

1. Start Pulled Chicken (10 minutes prep & cook for 4 hours)
2. Cut veggies for egg muffins
3. Bake egg muffins (Total prep and cook time: 25 minutes)
4. Prep Egg Roll In A Bowl (Total prep and cook time: 15 minutes)
5. Finish preparing and cutting veggies for the week

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Episode 8: 5 Habits Of Highly Successful Nutrition Clients: [LISTEN HERE](#)

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**WHAT DOES NUTRITION COACHING LOOK LIKE AT
HEALTHY STEPS NUTRITION**

HOW IT WORKS

Here's What Clients Are Saying:

Carla Horne said: *"My journey began with HSN as part of a 30-day challenge then continued with coaching. **I have continued coaching with Amanda, she has been helpful in identifying issues specific to me and ways to make new habits going forward. I am able to envision reaching my goal.**"*

Clark Campbell said: *"**What I love most about working with Healthy Steps Nutrition is that it's so simple for me and my family.**"*

Jason lost 70 pounds after working with the experts at Healthy Steps Nutrition. He said the secret to his success was having a coach, creating a plan that was simple and sustainable to him, and lastly, the support of his wife! He said, *"I've pretty much tried every diet out there. My biggest issue during the process of my weight loss was I didn't have the longevity to continue to do it until Healthy Steps Nutrition. **Now, I don't feel like I'm following a diet, this is my lifestyle.**"*

We Want To Help You Too! Getting Started Is Easy....

- 1** Apply For Coaching [APPLY NOW](#)
- 2** Sign Up & Get Paired With Your Nutrition Coach
- 3** Work With Your Coach To Create A Customized Plan Just For You
- 4** Finally See The Results You Are Looking For & Take Control Of Your Health