

*Save time. Save money. Eat healthy.*

In today's fast-paced world, it seems like there's never enough time to eat healthy. But you can! And you can do it easily cooking only ONE TIME PER WEEK. We'll show you simple, proven, and time-saving ways in this informative *Healthy Food Prep Guide* from Every Body Wellness.



## Healthy Food Prep Guide

**Every Body Wellness**



[www.EveryBodyWellness.net](http://www.EveryBodyWellness.net)

**Every Body Wellness**



## Food Prep Guide



*Save time.  
Save money.  
Eat healthy.*

In today's fast-paced world, it seems like there's never enough time to eat healthy. But you can! And you can do it easily cooking only ONE TIME PER WEEK. We'll show you simple, proven, and time-saving ways in this informative *Healthy Food Prep Guide* from Every Body Wellness.

## Where to Start

This Healthy Food Prep Guide is a good place, but you can also check the internet for recipes! Read up to get a ton of fresh ideas. Get creative. Keep your meals an adventure.

## Where to Shop

You don't have to buy everything at expensive natural food stores. Many neighborhood grocery stores now carry organic, free range, and/or antibiotic-free meats, poultry, grains, produce, and other grocery products.

**The only way you can build strong, lean muscle is with plenty of dietary protein. Here are just a few examples & recipes to get you started.**

## PROTEIN

### BEEF

**Cuts:** Loin Top Sirloin, Tip Round London Broil, Round Eye

**Where:** Sam's, Costco, Meat Markets, etc.

**How:** Grilled at Medium High Temperature for 10-18 minutes (depending on thickness of cut and desired doneness) or broiled at 400° for 10-18 minutes (depending on thickness of cut and desired doneness).

#### **Variations:**

- *General Seasoning: Meat Tenderizer, Salt/Pepper, Onion Powder, Garlic/Garlic Powder*
- *A-1 Steak Sauce as Marinade*
- *Marinades in Store*
- *Rosemary Seasoning Mix(Sam's)*
- *Caribbean Seasoning Mix (Sam's)*
- *Burgundy Wine Marinade*

### SEAFOOD

#### **FISH**

**Best:** Salmon (Wild-caught or Alaskan ONLY), Albacore Tuna (not canned), Oysters (farmed), sardines (wild-caught), rainbow trout.

**Where:** Sam's, Costco, Seafood Market

**How:** Season on one sheet of aluminum foil wrapped like a bowl. Seal. Wrap in second layers of regular aluminum foil or a single layer of heavy duty foil. Grill on Medium High Temperature for 20-25 minutes depending on thickness and size of cut, or Bake at 400° for 20-25 minutes.

#### **Variations:**

- *Jack Daniels Marinade: Mix 2 tablespoons (T.) Brown Sugar, 2 T. Jack Daniels, and 1 T. Soy Sauce. Put in the microwave for about 15-30*

## Easy Weekly Food Prep

### PLANNING

On one of your days off, plan 2-3 hours to cook and prepare ALL of your food for the week. The key is using small disposable food containers like those pictures here. For each person in your family, plan for at least 1 salad per day and at least 2 meals per day.



### COOKING & STORING

Lay out your food containers in rows and



columns and place one serving of all your cooked food in each container. The more variety you cook, the more variety you'll have in each meal. You can also prep your salads in advance, creating layers of the greens and other produce of your choice. Keep in mind that salads

don't last more than 3-4 days so you may have to make those 2 times per week. Another option is to store your salads in mason jars as pictured.



### READY TO EAT

What makes this so convenient is that you have complete, healthy meals already prepared and stored neatly in your frig, meals that can be reheated at work or when you get home after a long, exhausting day on the job.



*You never have a reason not to eat healthy again.*

## CARBS (Produce)

### FRESH IS BEST. ORGANIC IS PREFERRED.

Steam-cooked retains the most nutrients, freshest taste.

Green Beans	Zucchini/Squash	Asparagus
Broccoli	Corn on the Cob	Cauliflower
	Carrots	

**How to Cook:** Steam for 10-20 minutes (or saute with cooking spray in med-hot pan for 5-7 minutes) depending on preference of tenderness. Vegetables shouldn't lose their bright color.

**Variations:** For green beans, after steaming, stir in pat of butter and slivered almonds; for carrots—stir in pat of butter, honey, coconut, or sliced almonds.

### PASSION SALADS

Salad Greens	Sweet or Green Onion	Nuts/Seeds
Cauliflower	Broccoli	Apple
Grape Tomatoes	Cucumber	Bell Pepper
Mushrooms	Carrots	Raisins

Instead of lo-calorie dressings which contain a boatload of artificial sweeteners, go light on a regular dressing. Even better, use a vinaigrette, or try salsa.

## Supplementation

- **Protein Bars:** (try to shoot for a minimum of 15 grams of protein, and no more than 6 grams of sugar) – DETOUR, Balance Bar, Pure Protein, EAS
- **Protein Drinks:** Herbalife Shakes or find what tastes good but make sure it has enough supplementation to be worth drinking (high protein, low sugar).

Now that you have the recipes, here's how to prep for the week.



## PROTEIN (continued)

- seconds to let the sugar melt. Marinade fish fillets for 1 hour in frig.
- **Lemon Pepper:** Real Lemon Slices, dab of Butter, Lemon-Pepper Seasoning, and Fresh or Bottled Lemon Juice.
- **Caribbean:** Real Orange Slices, dab of Butter, Caribbean Jerk Seasoning, and Orange Juice.
- **Rosemary (Sam's):** Real Lemon Slices, dab of Butter, and Rosemary Seasoning Mix

### TUNA

**Kinds:** Chicken of the Sea Flavored Tuna Packs/Pouches

**Where:** Grocery Store

**How:** Ready to eat from the pouch, put on salads, etc.

**HINT:** Don't eat them in a large office with a lot of other employees.

### CHICKEN BREASTS (BONELESS)

**Kinds of Cuts:** Preferably boneless, skinless breasts. Fresh or quick frozen.

**Where:** Sam's, Costco, etc.

**How:** Bake at 400° for 20-25 minutes (depending on size of chicken breast) or Grill at Medium High Temperature for 10-12 minutes. **Reminder: Throw away leftover marinades.**

**Variations:**

- Italian Salad Dressing, Garlic, & Parsley
- Raspberry Vinaigrette Dressing (find the dressings ON SALE)
- A-1 Steak Sauce as Marinade
- Marinades in Store (Lawry's or KC are great)
- Rosemary Seasoning (Sam's)
- Caribbean Seasoning (Sam's)

### LEGUMES (Beans)

**Kinds:** Fresh or Canned

**Types of Beans:** Black, Red, White/Red Kidney, Chili, Pinto, Northern, Navy, or Chick (Garbanzo).

**Where:** Walmart, Publix

**How:** SOO many variations. Check cookbooks.

### COTTAGE CHEESE

**Kind:** Low-Fat

**Where:** Sam's/Walmart have LARGE tubs.

**How:** With Fruit (peaches, apples, pineapple, pears, etc.); or on salads as your

There are good carbs and then there are BAD carbs. Most of us eat way too many of the latter. Here are just a few healthy examples as well as some simple recipes to change and spark your taste buds!

## Lo-Glycemic CARBS (Grains)

### SWEET POTATOES

**Kind preference:** Choose the more orange/brown sweet potato as opposed to the yellower yam. It tends to have a sweeter taste.

**Where:** The produce section of any grocery store

**How:** Clean of dirt and “hair”; trim “knots” and ends. Wrap in single sheets of aluminum foil and bake in 450° oven for 1 hour to 1¼ hours depending on the size of the potatoes. Sweet potatoes are done when they are soft to squeeze. Make sure you put a pan with water or a sheet of aluminum foil underneath the potatoes to catch juices and keep your oven clean.

**Variations:**

- Just baked (either with skin or no-skin), sweet potatoes are naturally sweet
- Dab of butter
- Cinnamon

### BROWN RICE

**Kinds:** Dry, bag rice (NOT instant)

**Where:** Any grocery store

**How:** Bring 2 ½ cups water with 2 tsp of either Chicken Bouillon or Beef Bouillon to a boil, pour in 1 cup of brown rice. Simmer covered for 45 minutes. Do not stir.

**Variations:**

- With Veggies: Add ½ cup chopped vegetables when you add the Rice such as Green Pepper, Fresh Onion, Mushrooms, Grated Carrots, etc.
- With Red or Black Beans: In small saucepan, bring 1 tbsp of olive oil to medium heat; add ½ chopped Green Pepper, ½ medium onion, and ½ tsp garlic. Cook until vegetables are tender (5 minutes). Add two (2) undrained 15 oz cans of Bush's Red or Black Beans and, if desired, one 15 oz can of petite diced tomatoes. Cook until heated through. Can either mix in with the rice or serve separately.

### PASTA

**Kinds:** HI-PROTEIN ONLY!! Brand—Barilla has 17grams of protein per serving.

**Where:** Walmart, Publix

## Lo-Glycemic CARBS (Grains)

**How:** Follow directions on package.

**Variations:** Toppings are endless.

### OATMEAL

**KINDS:** Quick cook or instant (totally depends on preference); flavored oatmeal choices – stick to low sugar types such as Quaker's Weight Control.

**Where:** Breakfast aisle of any grocery store.

**How:** Just follow the directions on the package OR heat ½ cup of milk, ¾ cup water, and ¼ tsp of salt in small saucepan. When it starts to boil, turn it down to medium-low heat, add ¾ cups of **Quick** oats. Cover and cook for 12-13 minutes. DO NOT STIR. Serve warm.

**Variations:** After cooking, add a dab of butter, cinnamon, sweetener (Splenda/Stevia, touch of brown sugar, etc.), low-fat granola, and/or milk.

## TIPS: Avoid anything “white”

**NO WHITE SUGAR**—instead try a lo-glycemic sweetener like Stevia. A natural sweetener that will fool your eyes and your taste buds into thinking your eating cane sugar is Xylitol, a natural alternative that looks and tastes like cane sugar but with just a fraction of the calories. You can purchase Xylitol at a health food store or from Amazon.

**NO WHITE RICE**—a 1/2 cup serving of white rice is equivalent to a Snickers bar. Eat brown rice flavored with broth or bouillon.

**NO WHITE BREAD**—all the nutrients have been bleached out of it. Instead, try a multi-grain bread first and gradually adapt your taste buds to whole-grains.