

The Fast, Attainable Transformation FAT Loss Program

Meal Planning



Tips

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Meal planning. Does it sound daunting? I used to think so! Plan ahead of time? Cook ahead of time? That is just too much work!

Well, it doesn't have to be... and it can actually SAVE you TIME verses cooking each meal daily from start to finish. More importantly, meal planning is KEY in making healthy, nutritional choices for you and those around you.

Let's face it, life happens, and if you are in a hurry are you going to be able to whip up a nutritious meal in 20 minutes? Most likely, NOT. You will grab what is quick and easy which is usually processed food and not the healthiest choice.

Meal planning and meal prep just sets you up for success in sticking with healthier choices even if life throws you a curve ball.



8 Tips for Mastering Meal Planning and Meal Prep

1. Prep your pantry and freezer.

Have some stock items on hand at all times. I am a big Costco buyer but you don't need to go to Costco to keep some back stock. Some items that are good to have on hand that are easily stored are tomato paste, tomato sauce, diced tomatoes, broths (chicken, beef, and vegetable), sweet potatoes, onions, minced garlic, ground beef, ground turkey, chicken breasts, etc. Also, be sure you have the common spices and seasonings always on hand. I typically need more than a few of these items every week in meal prep so not having to buy them every single week is nice. Also, if you need to throw something together in a hurry, you can typically do so without hitting the store.

2. Plan Meal and Decide what to Prep

Decide what to prep. How many meals you will need for the week? I typically do 2 main dishes. Then choose your recipes. Decide on a few "separates." I call these separates because you can throw them together with other food items to make a dish or use them as a side. I typically prepare one grain or healthy carb like quinoa, black rice, or sweet potatoes. I will also cook 6-8 chicken breasts ahead of time or have some other protein in a bag with a marinade. I will also pre-steam some green veggies.



3. Have the right tools.

- You need a good set of knives to prepare all the nutritious food you will be eating
- You need plenty of air tight storage containers to store all that yummy goodness in the fridge
- I recommend a good veggie chopper like the pampered chef manual food processor, unless you have awesome knife skills (I don't)
- At least 2 cutting boards
- Ziploc freezer bags for the freezer meals
- 2 large non-stick skillet to be able to prep more than one thing at a time
- Some baking sheets
- A crock pot

4. Have some backup

I like to have some freezer meals available if needed. I am a big fan of doing this. If we have gobbled up all the prepped food for the week and it's Friday and I have nothing left that is prepped I always have something in the freezer on hand. I am a HUGE fan of the Wildtree workshops. If you are the type of person that doesn't want to plan the meals and just wants someone to tell you what to do, then this is for you. It does involve buying Wildtree seasonings, but they are high quality, certified organic, and delicious.

With the Wildtree Workshop you get a box with full size Wildtree Products, and Step-by-Step instructions on how to prepare 10 freezer ready recipes (takes me less than 90 minutes). Each kit is \$78 for the products and all the step-by-step instructions.

You simply buy the food on the provided grocery list, label freezer bags 1-10, place the ingredients in each bag as directed, place a correlating sticker on the bag with prep instructions, and put it in the freezer (or cook one right away). When the time is right you simply take it out of the freezer, thaw and follow the instructions to prepare the meal!

You will even have product left over to make additional meals! This is a huge time saver and is very easy to follow!

There are two approved workshops with no substitutions needed for the recipes! Primal Goodness and Simply Wholesome! The Macros are right on the recipes for you. The other workshops can be used, but may need a few modifications (ex: substitute chickpea noodles for regular, or leave out the bun and use seeded bread or lettuce wrap, etc.).

To Learn More or to Purchase Click here or Visit <http://www.mywildtree.com/PWS/refineyou/store/AM/catalog/Wildtree-Workshops,352.aspx>



4. Make a Grocery List

Get your grocery list and check it twice. There is nothing more annoying than to go to the store and then realize you forgot an item and it is usually when you are cooking and you need it. Ugh!

6. Choose a time to get it done.

Pick a time that you can focus on prep and make it enjoyable. Have the kids help (or not), listen to an audio book or some music, have a glass of wine, whatever you would like to do to make it a somewhat enjoyable time. It usually takes me about 2 hours. Sounds like a long time but there is only one prep and one clean up. If you prepped your meals every day, you would need to clean up the same things each time. This actually saves time in the long run.

7. Prep each food group at a time.

This is just a time saver tip. Instead of doing one thing at a time, take each recipe and look at the veggies needed. Cut ALL the onion, peppers, etc. at the same time and separate them in bowls for each recipe. Then prepare all the meats etc. Then combine and cook them at the same time on the stove or in the oven or crock pot.

8. Use technology to help you

There are 2 Apps that I use and that I recommend to my clients.

My Fitness Pal App

Since my FAT loss programs focus on keeping track of what you eat especially what makes up the calories you eat the My Fitness Pal App is very useful. This is a free App and you can upgrade to a premium version but you can get it done with the free version. You basically log in what you eat and it keeps track of your calories, fat, protein, and carbohydrates you are eating. You can set custom goals for all these settings and aim to meet them daily.

This is the KEY to fat loss, not only cutting calories. To regulate your hunger, energy, hormones and maximize fat loss the key is what makes up the calories you eat.

The App also saves the food you have logged so you do not have to search for items every time. It also has a scan function where you can scan in your food item if there is a bar code. You can create your own recipes (ex: if there is a specific salad you like to put together) so you do not need to log each item individually each time. If you find a recipe you like the App also has a function where you can upload a recipe found online into the App. You can modify the recipes to your needs and save them and populates all the nutritional information. This makes it so much easier to track your food and keep yourself in line if you are wanting to shed those inches.



Wildtree Meals Meal Planning App

Wildtree has a FREE meal planning app that you can access on your desktop, tablet, or phone. Simply click here or go to www.wildtreemeals.com or access this in the app store on your phone. You will need the referral code A6Y3U to access this free app. This app provides an easy way to plan up to 7 meals per week for up to 4 weeks in advance!

You go through a process of selecting how many meals per week, make ahead (freezer meals), make fresh (cook now), or make fast (30 min or less). You then select meal preferences (Mexican, Asian, kid friendly, etc.), select allergens (if you have any food allergies, it will not give you any recipes with these foods), select type of diet (gluten free, Low carb, kid friendly), and select dislikes (mushrooms, tomatoes, etc. and will not give you recipes with these foods). It will then compile a list of recipes that meet the criteria you have selected. You can then add the recipes you would like to prepare to Week 1, Week 2, Week 3, Week 4. You then add these to your grocery list which you can print out or access from your phone. You can also add all the Wildtree products to your cart and purchase them right then and there!

You can plan a whole month in a matter of minutes!

I hope that these tips I have provided you will help those of you who struggle with the time to put healthy meals on the table!

If you struggle with losing those stubborn inches, especially around the middle, my 7-week online FAT Loss Bootcamp could be the answer for you! My clients use these meal planning/prep tips along with recipes, and guidance on exactly how to eat daily in combination with their customized given workouts to maximize fat loss!

Click here to learn more!

