

# LEAN & SHRED – WEEKLY MEAL PREP GUIDE

This guide helps you efficiently prep all meals for the Lean & Shred weekly plan in about 2–3 hours on Sunday. It includes cooking, portioning, and storage instructions to keep meals fresh and ready to grab.

- Wash and chop vegetables (broccoli, peppers, carrots, spinach, lettuce, tomatoes, onions)
- Set up 2 large pots (for rice and pasta) and 2 skillet (for chicken and turkey/beef).
- <b>1. Prep & Setup (15 min)</b>• Lay out meal containers and label for Mon–Wed and Thu–Sat.
- Brown rice: Cook 2–3 cups dry rice (makes 6–8 servings). Cool before storing.
- Whole wheat pasta: Boil 1 box; drain and toss with a tsp olive oil to prevent sticking.
- <b>2. Cook Carbs (30 min)</b>• Toast or tortillas are best made fresh.
- Chicken breast: Season with salt, pepper, garlic; cook 2–3 lbs on skillet or bake at 400°F
- Ground turkey: Brown in pan with olive oil and light seasoning; set aside.
- Ground beef: Cook with onions or mild taco seasoning; drain excess fat.
- <b>3. Cook Proteins (45 min)</b>• Hard boil 6 eggs if desired for breakfast/snacks.
- Chicken Rice Bowls: 6 oz chicken, ½ cup rice, 1 cup mixed veggies per container.
- Turkey Pasta: 6 oz ground turkey, 1 cup pasta, ½ cup marinara, spinach if desired.
- Beef Wrap or Tacos: Store cooked beef separately for easy reheating.
- <b>4. Assemble Meals (30–40 min)</b>• Smoothie ingredients can be pre-bagged (banana, oats, protein powder) for blending fresh
- Refrigerate Mon–Wed meals; freeze or refrigerate Thu–Sat.
- Store cooked proteins up to 4 days (chicken, turkey, beef).
- Reheat in microwave 1–2 minutes before eating.
- <b>5. Storage & Labeling (15 min)</b>• Keep snacks (yogurt, almonds, fruit) portioned in small containers.
- Refill rice or veggies if needed.
- Cook one extra batch of chicken or turkey.
- <b>6. Midweek Refresh (30–45 min)</b>• Restock pantry and yogurt.

## STORAGE & FRESHNESS TIPS

- Store meals in airtight containers to last 4–5 days in fridge.
- Freeze extra meals for up to 2 weeks.
- Keep sauces separate if you prefer crispier textures.
- Reheat with a splash of water to keep rice and pasta moist.
- Keep snacks easily visible to avoid skipping them.