

# Meal Prep

The simplest way to stick to your plan without thinking about it.

## WHAT IT ACTUALLY IS

Meal prep is cooking some or all of your meals in advance so you don't have to make decisions when you're hungry, tired, or busy. That's it. You're not becoming a chef. You're removing friction.

**The goal isn't perfect meals. It's consistent meals.**

## THE PROCESS

### 1 Pick one day

Sunday works for most people. Block 1-2 hours. Put it in your calendar.

### 2 Shop from your meal plan

Your plan has a shopping list. Use it. Don't improvise. In and out in 30 min.

### 3 Batch cook your proteins

Bake all your chicken. Brown all your mince. Cook all your eggs. 80% of the work.

### 4 Prep your carbs

Rice, potatoes, oats—whatever your plan calls for. Cook in bulk. Store in containers.

### 5 Portion into containers

Divide into meal-sized portions. Fridge for 3-4 days, freezer for longer.

## WHY IT WORKS BETTER

### WITHOUT PREP

- ✗ Daily decisions drain willpower
- ✗ "What should I eat?" 3x/day
- ✗ More likely to order takeaway
- ✗ Ingredients go bad unused
- ✗ Costs more money weekly

### WITH PREP

- ✓ Zero daily food decisions
- ✓ Open fridge, grab container, done
- ✓ Plan is automatic, not effortful
- ✓ Nothing goes to waste
- ✓ Cheaper per meal

## MAKE IT EFFORTLESS

**Same containers.** Get 10-12 identical containers. No hunting for lids. Boring is efficient.

**Cook while you wait.** Rice in the cooker, chicken in the oven, you're prepping veg. Everything finishes together.

**Don't get fancy.** Your meals don't need to be Instagram-worthy. Protein + carbs + veg. Repeat. Done.

**Start with 3 days.** Prep Sunday for Mon-Wed. See how it feels. Build from there.