



MEAL PREP LIKE A PRO



The key to having a healthy diet and sticking to it is planning ahead. It's important to plan out your meals and make a grocery list before going to the store. When you meal prep, you get rid of all the temptation to snack on foods or just choosing the convenient fast food chain around the corner. This way you have your meals ready at hand, all measured out and hunger will not win the battle.

While you might think that meal prepping is a daunting task, and you might be thinking "how am I supposed to cook all these meals for 7 days in just a few hours?" It's actually easy!

Here are some simple, helpful tips to becoming a meal prep pro:

Make lists: Make a list of meals you would like to cook for the week and a separate list of the groceries that need to be bought.

Check out the Red Mountain App for recipes.

Invest in quality Tupperware®.

Purchase a food scale: Portion control, portion control, portion control! Electronic scales are simple to zero-out so you can portion your foods directly into the Tupperware.

Eat with your eyes: Get a variety of fruits and vegetables so your food is full of color, its appeal is more important than you think.

Stay simple: Simplicity is key. Just remember, proteins and vegetables! Incorporate tasty spices like paprika, cumin, cayenne pepper, dill & more.

Cook foods that will last: Chicken breast and lean beef are a great food that will last. If you're considering making seafood remember to eat it in the first couple of days of the week.

Sit back & enjoy your week. No need to stress, lunch is cooked for the week!

Pick one day early in the week (such as Sunday) to plan, then purchase and prepare.

Plan: Make a list of meals to make during the week and a list of items that need to be purchased. If you are currently on RM3® or RM Lifestyle® make sure to purchase approved foods.

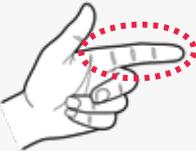
Purchase: Make a grocery store run and don't stray from your shopping list. Avoid the junk food aisle!

Prepare: Peel, chop, cut and pack all raw vegetables that you'll have to snack on (and repeat for fruits). Next, place the raw protein on the scale to separate into the correct portion sizes. Cook protein as desired and place in Tupperware® containers.

In no time your meals will be made for the week and you'll have more time to relax after a long day rather than worry about cooking. You might even find that prepping your meals can be fun!

FLIP FOR PORTION CONTROL QUICK GUIDE
IN CASE YOU DON'T HAVE A FOOD SCALE HANDY!

PORTION CONTROL QUICK GUIDE

	PART OF HAND	SERVING SIZE
	FIST	1 CUP
	PALM	3 OUNCES
	HANDFUL	½ CUP
	POINTER FINGER	1 ½ OUNCES
	THUMB	1 TABLESPOON