

CREATING A NUTRITION PLAN

Benefits of having a plan



Consuming balanced meals



Cut, maintain, or gain weight in a healthy way



Providing enough fuel and proper sources to win

WHAT DO I DO TO PLAN?

Meal Prep 101

Meal prep can mean different things to each person, so it is important you find a routine that works for you. Essentially, it should save you time in the kitchen and make it easier for you to eat healthier during the week. You may choose to prepare only breakfasts, dinners or even all of your meals, including your snacks.

What you need to plan a meal prep:



Tupperware or food storage containers



Plan out meals and snacks for 3-4 days



Break recipes into ingredients and go shopping



Prepare all ingredients to cook



Make 3-4 days worth of meals at a time