
MEAL PREP FOR EVERY DAY

*Quick, Healthy & Delicious Make-Ahead Meals:
200 Easy Recipes with Nutritional Information &
Weekly Plans for Stress-Free Eating*

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Introduction

Most people have tried some version of meal prep and eventually gave it up.

You might've done it too, spent hours on Sunday making a bunch of food, felt proud of yourself... and then couldn't look at another Tupperware of grilled chicken by Wednesday. Or you made a huge plan, stuck to it for a week, and then real life showed up and blew it all apart.

And then you feel like you "failed." But here's the thing: you didn't fail. That plan just didn't fit your life.

The truth is, meal prep only works if it's **flexible**, **realistic**, and **sustainable**. That's what this book is about.

We're not chasing perfection. We're building something you can actually stick with, something that helps when life is chaotic, not something that breaks as soon as it is.

What You'll Actually Get Out of It

Here's what happens when you start prepping meals in a way that fits your life:

You get time back. You get rid of decision fatigue. You stop ordering food you don't really want just because you're too tired to cook. You stop wasting groceries you meant to use but didn't.

You eat a little better, not because you're suddenly super disciplined, but because the better option is already sitting in your fridge.

And honestly? **You just feel less scattered.** It's one less thing to manage every day. And when you're managing a million other things, work, kids, relationships, stress, the news: that's a big deal.

No, it won't magically fix your life. But it will make your days go smoother. And that matters.

How to Make the Most of This Book

This book is laid out so you can *jump in wherever you are*. Start with a full meal plan if that's your vibe, or just start with prepping a couple of breakfasts to reclaim your mornings. Every chapter is a tool, not a rule. Use what fits, skip what doesn't (for now), and circle back as your needs evolve.

Each section includes:

- Fast, repeatable recipes
- Smart shortcuts to save you time
- Customizations for different diets
- Storage tips so your food *actually* lasts
- Quick-scan info (freezer-safe? microwave-friendly? portable?)

You're not here to become a food robot. You're here to eat better, feel better, and spend less energy worrying about meals. This book is your shortcut.

Important Notes on Nutritional Information

You'll find nutrition info with every recipe, but let's keep it real: numbers are just data, not a judgment. We include calories, macronutrients, and servings to help you plan, not to tell you what or how much to eat.

Some quick things to keep in mind:

- Nutritional data is calculated per serving (details listed with each recipe).
- Ingredient swaps will change the nutrition slightly — totally fine.
- Portion sizes are based on the average adult, but you know your needs better than any number.
- The focus is always on balance, not restriction.

If you're managing a specific diet, whether for health, performance, or lifestyle, you'll find notes and tips throughout. Still, this isn't a diet book. It's a *life book with food in it*.

Chapter 1: Meal Prep Basics

Meal prepping isn't just about snapping pictures of neat glass containers. It's about reducing stress, saving time, eating better, and *actually* following through on your healthy goals, even when life's chaotic.

This chapter is your crash course in the real-world, no-hype version of meal prep. We're not going to complicate things or overplan. You're going to learn what *actually* matters, what makes prep work stick week after week, not just that one Sunday when you were motivated.

Proper Planning: Shopping Lists & Weekly Plans

If you skip this part, you're guessing your way through the week. That's how food goes to waste and takeout wins again. The whole point of prepping is to take the guesswork *out* of eating. So here's how to set up a week without overthinking it.

Step 1: Pick Your Prep Days

- *Main prep day*: Most people choose Sunday, but any day works. Choose a day you're home for 1–2 hours.
- *Mini prep*: A quick 15–20 minute mid-week session can reset your fridge or top up snacks.

Step 2: Look at Your Week

Ask:

- How many dinners will I cook at home?
- Do I need grab-and-go lunches?
- Are there nights I'll be too tired to cook?

PRO TIP: Don't plan 7 dinners. You won't need that many. Most people eat out, order in, or eat leftovers at least once or twice a week. Aim for 4–5 meals max.

Step 3: Make a Master Shopping List

Group items by section of the store – produce, pantry, protein, dairy, freezer – to cut down on time and avoid random runs mid-week.

Sample format:

CATEGORY	ITEMS
Produce	Broccoli, cherry tomatoes, spinach, garlic
Protein	Chicken thighs, tofu, canned beans
Pantry	Brown rice, oats, olive oil, soy sauce
Dairy/Alt	Eggs, shredded cheese, Greek yogurt
Snacks	Hummus, nuts, popcorn, fruit

Print this layout or save it on your phone and build it weekly.

Smart Planning vs Overplanning



Time Management & Kitchen Organization

Meal prep doesn't have to be a 4-hour Sunday slog. You just need to be strategic.

The Power of Batching

Don't cook full meals one by one. Think in **components**:

- Roast all your veg at once
- Cook two proteins side by side
- Make a double batch of grains

Then assemble meals later from those building blocks.

TIME-SAVING TACTIC

Have two things going at once: something roasting, something simmering. While they cook? Chop raw veggies or portion snacks.

Kitchen Setup: Get Rid of the Chaos

An unorganized kitchen makes prep 10x harder. Don't overthink this.

Quick wins:

- Put prep tools (knife, peeler, cutting board) together in one spot
- Store containers *with* their lids – toss anything that doesn't seal
- Declutter your spices – keep only what you use

Must-Haves: Equipment & Storage Containers

You don't need fancy appliances. Just a few key tools make a huge difference.

Item	Why You Need It
Large sheet pan	Roast veggies, proteins, everything
Sharp chef's knife	Speeds up chopping, less hand strain
Cutting boards (x2)	One for raw meat, one for everything else
Rice cooker or Instant Pot	Set it and forget it for grains or soups
Large nonstick skillet	For batch stir-frying or reheating

If your **containers** suck, your prep falls apart. Here's what works:

What to look for:

- **Clear, stackable:** so you can see what you made
- **Microwave + dishwasher safe:** skip the handwashing drama
- **Multiple sizes:** for mains, snacks, sauces, etc.

Skip mismatched lids, weird shapes, and stained plastic. Invest in 3–5 *uniform* containers that stack neatly. It's less about quantity, more about ease of use.

Shelf Life & Food Storage

This is where things get real. Meal prep is pointless if your food turns soggy or sketchy mid-week. Let's fix that.

FOOD TYPE	FRIDGE LIFE	FREEZER LIFE
Cooked meat/fish	3–4 days	2–3 months
Cooked veggies	4–5 days	2 months
Cooked grains	5–6 days	3 months
Sauces/dressings	1 week	1–2 months
Chopped raw veg	2–3 days	Not ideal

How to Store Prepped Food Right

1. Let food cool fully *before* sealing.
2. Label containers with dates (use masking tape + marker).
3. Keep your fridge organized by *day of prep*, not just type.
4. Store sauces/dressings separately to avoid sogginess.

Fridge Zones That Make Sense



This helps you *see* what's ready, what needs to be used up, and what's missing.

Meal Prep for Special Diets

You don't need totally different strategies if you follow a specific diet. Just adjust your components.

If You're Vegan or Plant-Based:

Stock up on:

- Beans, lentils, tofu, tempeh
- Grains: quinoa, brown rice, farro
- Veggies: roast in big batches
- Healthy fats: avocado, nuts, tahini

Prep tips:

- Make a *base sauce* like cashew cream or miso tahini and change it up with spices.
- Don't rely only on salads. Prep warm bowls too: grains + beans + roasted veg + sauce = solid meal.

If You're Low Carb / Keto:

Staple ideas:

- Hard-boiled eggs, grilled chicken, salmon
- Zucchini noodles, riced cauliflower
- High-fat snacks: cheese cubes, olives, nuts
- Leafy greens + healthy oils

Prep tips:

- Cook proteins in bulk with simple spices—then dress them up with different sauces.
- Make egg-based breakfasts or frittatas ahead.

If You're Gluten-Free:

Go-to swaps:

- Use rice, quinoa, or certified GF oats
- Watch out for soy sauce (swap with tamari or coconut aminos)
- Double-check labels—even canned soup can sneak in gluten

Prep tips:

- Batch cook GF grains and store them separately.
- Make your own dressings to avoid mystery ingredients.

You're not trying to win a meal prep trophy. You're trying to eat better, waste less, and not lose your mind during a busy week. That's it.

Some weeks you'll crush it. Other weeks, you'll just prep breakfast and a couple of snacks, and that's still a win. Meal prep isn't about perfection. It's about *being prepared enough* to make your life easier.

Chapter 2: Make-Ahead Breakfasts

Overnight Oats & Chia Pudding

1. Apple Pie Spice Overnight Oats



Preparation time: 5 minutes | **Chill time:** 6 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup unsweetened applesauce
- 1/2 tsp apple pie spice
- 1 tbsp chia seeds
- 1 tsp maple syrup (optional)

Directions:

1. Add oats, almond milk, applesauce, chia seeds, and apple pie spice to a bowl and stir well to combine.
2. Taste the mixture and stir in maple syrup if you prefer it slightly sweeter.
3. Pour evenly into two small jars or containers with lids.
4. Seal tightly and refrigerate for at least 6 hours or overnight.

5. Enjoy chilled or lightly warmed, with optional toppings like apple slices or a few chopped walnuts.

Serving size: 1 jar (approx. 1 cup)

Nutrition (per serving): Calories: 215; Protein: 6g; Fats: 5g; Carbs: 38g; Fiber: 7g; Sodium: 90mg

MEAL PREP TIP: Make 3–4 jars in one go for a full week of quick grab-and-go breakfasts. These oats hold up well for up to 4 days and thicken even more over time.

2. Creamy Mango Coconut Chia Cups



Preparation time: 10 minutes | **Chill time:** 4 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup canned light coconut milk
- 1/2 cup fresh or frozen mango, finely diced
- 3 tbsp chia seeds
- 1/2 tsp vanilla extract
- 1 tsp honey or agave syrup

Directions:

1. In a bowl, whisk together coconut milk, chia seeds, vanilla, and honey until smooth.
2. Let it sit for 5 minutes, then stir again to prevent clumping.
3. Fold in the diced mango gently.
4. Spoon the mixture into two small jars or containers and cover with lids.
5. Refrigerate for 4 hours or overnight until thickened into a pudding-like texture.

Serving size: 1 jar (approx. 3/4 cup)

Nutrition (per serving): Calories: 240; Protein: 4g; Fats: 16g; Carbs: 20g; Fiber: 6g; Sodium: 40mg

MEAL PREP TIP: Use small 4–6 oz. jars with lids to portion and stack easily in the fridge. These stay fresh for up to 4 days, making them a perfect portable snack or dessert.

3. Blueberry Lemon Cheesecake Oats



Preparation time: 7 minutes | **Chill time:** 6 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup fresh or frozen blueberries
- 1/2 tsp lemon zest
- 1 tsp honey (optional)

Directions:

1. In a bowl, stir together oats, almond milk, Greek yogurt, and lemon zest until well combined.
2. Fold in the blueberries gently, making sure they are evenly distributed.
3. Taste and add honey if a bit more sweetness is preferred.
4. Divide into two small containers with lids and seal tightly.
5. Refrigerate overnight or for at least 6 hours until thick and creamy.

Serving size: 1 jar (approx. 1 cup)

Nutrition (per serving): Calories: 225; Protein: 10g; Fats: 4g; Carbs: 36g; Fiber: 4g; Sodium: 70mg

MEAL PREP TIP: Freeze pre-measured blueberries and lemon zest in small silicone cups so you can quickly toss them in whenever prepping multiple jars in bulk.

4. Mocha Hazelnut Overnight Delight



Preparation time: 8 minutes | **Chill time:** 6 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened hazelnut milk (or almond milk)
- 1/2 cup brewed coffee, cooled
- 2 tbsp unsweetened cocoa powder
- 1 tbsp maple syrup or honey

Directions:

1. In a bowl, whisk together the cooled coffee, hazelnut milk, cocoa powder, and maple syrup until smooth.
2. Stir in the rolled oats until the mixture is evenly combined.
3. Let it sit for 2–3 minutes, then stir again to ensure even texture.
4. Spoon into two lidded jars or containers.
5. Chill in the fridge overnight or for at least 6 hours before serving cold or gently warmed.

Serving size: 1 jar (approx. 1 cup)

Nutrition (per serving): Calories: 215; Protein: 6g; Fats: 4g; Carbs: 38g; Fiber: 5g; Sodium: 60mg

MEAL PREP TIP: Use brewed coffee ice cubes to cool your oats mixture instantly and avoid watering it down—perfect for meal prep with strong flavor payoff.

5. Strawberry Basil Chia Parfaits



Preparation time: 10 minutes | **Chill time:** 4 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup unsweetened almond milk
- 3 tbsp chia seeds
- 1 cup diced fresh strawberries
- 1 tsp finely chopped fresh basil
- 1 tsp maple syrup

Directions:

1. In a bowl, combine almond milk, chia seeds, and maple syrup, stirring until fully incorporated.
2. Let it sit for 5 minutes, then stir again to prevent clumping.
3. Stir in chopped basil and gently fold in half of the strawberries.
4. Spoon the mixture into two jars and top each with the remaining strawberries.
5. Cover tightly and chill in the fridge for at least 4 hours or overnight until thickened.

Serving size: 1 jar (approx. 3/4 cup)

Nutrition (per serving): Calories: 185; Protein: 4g; Fats: 9g; Carbs: 21g; Fiber: 7g; Sodium: 60mg

MEAL PREP TIP: Pre-chop basil and store in an ice cube tray with a touch of water or almond milk—makes it easier to flavor future batches without fresh herbs going to waste.

6. Banana Bread Oats with Walnuts



Preparation time: 8 minutes | **Chill time:** 6 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1 medium ripe banana, mashed
- 1/4 cup chopped walnuts
- 1/2 tsp cinnamon

Directions:

1. Mash the banana in a bowl until smooth, then stir in almond milk and cinnamon.
2. Add the oats and mix thoroughly to combine.
3. Fold in chopped walnuts, reserving a few pieces for topping if desired.
4. Divide the mixture into two containers with lids.
5. Refrigerate for at least 6 hours or overnight and enjoy chilled or lightly warmed.

Serving size: 1 jar (approx. 1 cup)

Nutrition (per serving): Calories: 260; Protein: 6g; Fats: 11g; Carbs: 34g; Fiber: 5g; Sodium: 50mg

MEAL PREP TIP: Pre-mash ripe bananas and freeze in individual portions—just thaw overnight in the fridge and use straight away for fast weekday oat prep.

7. Dark Chocolate Raspberry Chia Cups



Preparation time: 10 minutes | **Chill time:** 4 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup unsweetened almond milk
- 3 tbsp chia seeds
- 2 tbsp unsweetened cocoa powder
- 1 tsp maple syrup
- 1/2 cup fresh or frozen raspberries

Directions:

1. In a medium bowl, stir almond milk, cocoa powder, and maple syrup until smooth.
2. Add chia seeds and mix again to distribute evenly.
3. Let the mixture sit for 5 minutes, then stir once more to prevent clumps.
4. Fold in raspberries gently, crushing a few for added flavor.
5. Spoon into jars, seal, and refrigerate for at least 4 hours or overnight until thickened.

Serving size: 1 jar (approx. 3/4 cup)

Nutrition (per serving): Calories: 190; Protein: 5g; Fats: 10g; Carbs: 22g; Fiber: 8g; Sodium: 55mg

MEAL PREP TIP: Freeze pre-measured raspberries in small bags to speed up weekly prep. Frozen berries help chill and set the mixture faster.

8. Carrot Cake Oats with Creamy Swirl



Preparation time: 8 minutes | **Chill time:** 6 hours or overnight | **Servings:** 2

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup finely grated carrot
- 1/2 tsp cinnamon
- 2 tbsp plain Greek yogurt (for swirl)
- 1 tsp maple syrup

Directions:

1. Combine oats, almond milk, grated carrot, and cinnamon in a bowl and stir until uniform.
2. Divide the mixture evenly into two jars or containers.
3. In a small bowl, mix Greek yogurt with maple syrup until smooth.
4. Spoon the yogurt mixture on top of each jar and gently swirl with a spoon or knife.
5. Seal and refrigerate for at least 6 hours or overnight until the oats are soft and creamy.

Serving size: 1 jar (approx. 1 cup)

Nutrition (per serving): Calories: 220; Protein: 7g; Fats: 6g; Carbs: 32g; Fiber: 5g; Sodium: 65mg

MEAL PREP TIP: Grate carrots in bulk and freeze in 1/2-cup portions to speed up your morning prep routine—no need to thaw before adding to oats.