

PEAKE
P E R F O R M A N C E

MEAL PREPARATION

The **Peake Performance Meal Preparation** resource was designed to provide an overview of meal preparation, including its benefits, strategies, and tips for success. Whether you're new to meal prepping or looking to improve your current routine, this guide will provide valuable information to assist you in achieving your nutritional goals.



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WHAT IS IT?

Meal prep is an absolute no-brainer! The benefits far outweigh the costs. Put simply, meal preparation is the process of planning, preparing, and cooking meals in advance (typically 1 week). It involves selecting recipes, buying ingredients, and cooking food, often in large batches, that can be stored for future meals. Meal preparation can range from simply prepping ingredients ahead of time to cooking full meals and portioning them into containers for future servings - depending on what your specific goals and needs require. Organising your nutrition like this is a game changer!

BUT WHY?

Easy! Meal preparation is crucial for achieving nutritional goals because it provides control over ingredients, portion control, cost savings, time savings, and meeting dietary restrictions. By preparing meals at home, you can ensure that you are consuming a balanced and nutritious diet that meets your specific nutritional needs.





MORE WHY?

CONVENIENCE

Preparing meals in advance can save a significant amount of time during the week. Instead of spending time every day planning and cooking meals, you can prep meals ahead of time and simply reheat them as needed. This is especially important when individuals may not have time to cook every day, as meals are readily available even during times of high stress or tight schedules.

CONSISTENCY

By preparing meals at home, you can have complete control over the ingredients used in your meals. This ensures that you are consuming the right balance of macronutrients and micronutrients required to meet your nutritional goals. Meal prep allows you to portion your meals according to your nutritional requirements. This can help you adhere to your nutritional plan consistently by ensuring that you are consuming the right amount of food at each meal.

ECONOMY

Time Economy: By preparing meals in advance, you can save time during the week. This can be particularly beneficial if you have a busy schedule or you need to prioritise other activities during your free time. By spending a short amount of time on meal prep each week, you can save time during the week, and won't have to spend time planning, shopping, and cooking meals every day.

Financial Economy: Meal prep can help you save money by reducing food waste and by buying ingredients in bulk. Meal prep can also help you avoid eating out, which can be more expensive than preparing meals at home.

HOW TO DO IT?

SET ASIDE A CONSISTENT TIME

Choose specific days and times that work best for you, and stick to them as consistently as possible. This will help you build momentum and make meal prep a regular part of your routine. A popular example of a meal prep schedule is having prep sessions on Sunday afternoons and Wednesday evenings. This helps by splitting the week in half, and getting three days worth of meals covered at one time.

MATERIALS CHECKLIST

Here's a checklist of what we recommend including as part of your meal prep materials:

Tupperware / Tins / Containers: A convenient and organised way to store pre-made meals and ingredients for future use.

Fridge / Freezer / Pantry Space: Ample storage for fresh and non-perishable ingredients, allowing for efficient meal planning and minimising food waste.

Lunch Box / Cooler Pack: Allow for easy transportation and storage of pre-made meals and snacks, ensuring they remain fresh and at the proper temperature until they're ready to be eaten.

Food Scales: Provide accurate measurements of ingredients, allowing for precision and consistency in portioning foods, and positive outcomes within a nutritional plan.

Measuring Instruments: Measuring cups and spoons provide accurate and consistent measurement of ingredients, allowing for precise portion control and reliable recipe results.

Phone Shopping List: Ensures all necessary ingredients are purchased and available for cooking.

HOW TO DO IT?

IDENTIFY & BUY YOUR FOODS

One of the keys to successful meal prep is identifying the foods and meals you want to prepare in advance. This can help you plan your shopping trips and ensure that you have all the necessary ingredients on hand. Once you have identified your meals, it's important to purchase your ingredients ahead of time. Buying foods ahead of time and in bulk can help you save money and reduce waste by allowing you to portion your meals properly.

PORTION OUT YOUR MEALS

Portioning your meals effectively can help you ensure that you're consuming the right number of calories and macronutrients to support your nutritional goals. Whether you're trying to lose weight, gain muscle, or simply maintain a healthy diet, portion control is an important tool in your toolbox.

FOOD SCALES

One effective way to portion your meals is by using weighing scales to measure out your ingredients. This can help you get a precise measurement of how much of each ingredient you're consuming, which can be especially important if you're trying to hit specific calorie or macronutrient targets.

EYEBALLING

Another effective method of portioning your meals is by eyeballing or using visual cues to measure your ingredients. This may not be as accurate as using food scales, but your portions should amount to a very similar amount of calories assuming the meals look mostly the same.

PRO TIPS

PROTEIN SHAKES

Protein shakes are a cheat code for ensuring you hit your daily protein goals. If you're in the game of getting stronger and building muscle, protein intake is a massive priority. Shakes are simple to prepare, easy to store and convenient to consume on the go. They can also be used as part of a snacking strategy to decrease hunger throughout the day.

SIMPLE RECIPES

Using simple ingredients for your meal prep will save time, increase cost effectiveness and simplify the process for you. For example, batch cooking rice whilst cooking chicken can combine to make a variety of meals such as rice bowls, stir-frys or burritos. The same concept can be used with pasta dishes.

SAUCES

Different sauces can be used to make your meal prep meals more exciting by adding flavor, variety, and texture to your meals. Using the same ingredients every day can get boring, but changing up the sauce can make a big difference. If your goal is weight loss, make sure to opt for the low calorie sauce options.

READY MADE SALAD

Ready made salads can increase time efficiency, assist portion control and drive up micronutrient consumption within your meal preparation. Different salad options can also offer a variety of ingredients to ensure your meals are don't become boring over time. No more time lost chopping up extensive salads for lunch.

EXAMPLE PREP

OVERNIGHT OATS

INGREDIENTS LIST

- 1 Cup Rolled Oats
- 1 Scoop Protein Powder
- 1 Scoop Creatine Monohydrate
- 1 Tablespoon Chia Seeds
- 1 Cup Coconut Water
- 40g Blueberries

PREPARATION

STEP 1: Mix dry ingredients in a jar or container with a spoon (oats, protein, chia seeds, creatine)

STEP 2: Pour in 1 cup of coconut water and mix well

STEP 3: Place in fridge for at least 2 hours or overnight

STEP 4: Take out of fridge and top with frozen blueberries

BLUEBERRY OVERNIGHT OATS

MEAL PREP RECIPE

359 Cals
33g Protein
7g Fat
33g Carbs



LET'S GO!

Congratulations on making it to the end of the **Peake Performance Meal Prep** resource! We hope you've found the information useful, practical and something that can be implemented within your plan immediately.

Most importantly, we hope we've done a sufficient job to assure you how much value meal preparation offers to your routine.

Life is nuts, so anything we can do to reduce stress and minimise the noise is worth exploring. Meal preparation will do that for you.

SOCIALS



As a member of our team, we'd love for you to join our growing community on Instagram **@peakeperformance**. We respond and reshare any content (images/videos) that we're tagged in! Remember to use **#peakeperformance**

INTERESTED IN COACHING?

Are you interested in training or coaching with one of our Peake Performance coaches or nutritionist?

Hit the link below to register your interest and we'll be in touch!

→ [COACHING ENQUIRY FORM](#) ←

Ollie, Alex and Mira look forward to hearing from you!

PEAKE

PERFORMANCE



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