

A collage of various meal prep items including a pink water bottle, a glass container with chicken, broccoli, and a sweet potato, a glass container with salmon, tomatoes, and bread, a bowl of shrimp and pasta, a bowl of sliced apples, and a glass container with chicken, rice, and broccoli.

# *The* **MEAL PREP** *Checklist*

**HEALTHY, DELICIOUS MEALS MADE EASY**





# Welcome to **MEAL PREP**

 **AND EASIER, QUICKER, TASTIER, AND HEALTHIER MEALS!**

We know you're busy, so we've put together some of our favorite meal prep and planning resources to help you make meal prep a regular part of your routine!

Plus, we've thrown in some **AMAZING recipes** you can use as-is or customize to create almost endless variations — to fit your likes, dislikes, budget, and what you have on hand in your pantry and refrigerator.

## WELCOME

### ***Here's what you'll find inside...***

- ✓ *How to do meal prep YOUR way*
- ✓ *Food swaps to make meal prep and planning easy*
- ✓ *6 easy mix & match meal prep recipes*
- ✓ *A 5-day meal planner*
- ✓ *Printable grocery lists to keep you on track*

When you have a plan for your healthy meals, it's SO MUCH EASIER to stay on track and reach your goals!

Ready to start planning? Let's get going!



*Michelle*

Michelle Walker

Family Nutrition Coach  
B.Sc., B.Ed., CHC, CLC, CN, NCP

[www.unjunkamerica.com](http://www.unjunkamerica.com)  
[hello@unjunkamerica.com](mailto:hello@unjunkamerica.com)





# *How to Plan and* **PREP MEALS**

There are almost as many ways to meal prep as there are cooks.

Here are just a few options. Experiment and find what works for YOU!

- Spend a few weekend hours (or any other time you have an hour or two of free time) planning, preparing, and storing your meals for the coming week.
- Spread your meal prep out during the week, so it becomes a continual process – this can be as simple as making a double or triple batch of a meal and saving the leftovers for later!
- Prep your meal components (meat, fish, rice, veggies) ahead of time, and assemble your meals when it's time to eat.

# Your Easy Meal-Prep

# TO-DO CHECKLIST



## ✓1 CREATE YOUR MEAL PLAN.

We've included a 5-Day Meal Plan template and a list of healthy swaps to help make it easy to plan balanced meals.

## ✓2 CHECK YOUR PANTRY & FRIDGE.

Scope out what you already have on hand and what you need to buy.

*TIP: toss any expired or spoiled foods you notice along the way.*

## ✓3 CREATE A SHOPPING LIST.

We've included a printable list template to help you stay organized.

## ✓4 GO SHOPPING.

*TIP: Saturdays tend to be the busiest day at most grocery stores. If you can, shop during the week so you can get in and get out fast (and avoid temptation)!*

## ✓5 BEFORE YOU COOK, CLEAN THE KITCHEN.

Empty the dishwasher, clean the counters, and continue to clean as you go. This makes meal prep easier, plus it's important for food safety

## ✓6 HAVE STORAGE CONTAINERS ON STANDBY.

We like clear glass containers that let you see what's inside.

# Meal PLANNER



Day **1**

## BREAKFAST

PROTEIN \_\_\_\_\_  
CARB \_\_\_\_\_  
VEGGIE/FRUIT \_\_\_\_\_  
FATS \_\_\_\_\_

## LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SNACKS: \_\_\_\_\_

Day **2**

## BREAKFAST

PROTEIN \_\_\_\_\_  
CARB \_\_\_\_\_  
VEGGIE/FRUIT \_\_\_\_\_  
FATS \_\_\_\_\_

## LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SNACKS: \_\_\_\_\_

Day **3**

## BREAKFAST

PROTEIN \_\_\_\_\_  
CARB \_\_\_\_\_  
VEGGIE/FRUIT \_\_\_\_\_  
FATS \_\_\_\_\_

## LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SNACKS: \_\_\_\_\_

Day **4**

## BREAKFAST

PROTEIN \_\_\_\_\_  
CARB \_\_\_\_\_  
VEGGIE/FRUIT \_\_\_\_\_  
FATS \_\_\_\_\_

## LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SNACKS: \_\_\_\_\_

Day **5**

## BREAKFAST

PROTEIN \_\_\_\_\_  
CARB \_\_\_\_\_  
VEGGIE/FRUIT \_\_\_\_\_  
FATS \_\_\_\_\_

## LUNCH

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## DINNER

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

SNACKS: \_\_\_\_\_

# Easy Meal-Prep

# FOOD SWAPS GUIDE

## PROTEIN FOOD SWAPS

### LEAN MEATS

<b>Chicken</b>	<i>Boneless (skinless) breast, tenderloins, ground chicken</i>
<b>Turkey</b>	<i>Boneless (skinless) breast, ground turkey</i>
<b>Beef</b>	<i>Top sirloin, top round steak, eye of round steak, round beef (90% or more)</i>
<b>Pork</b>	<i>Tenderloin, chops, pork top loin or sirloin, Canadian bacon</i>
<b>Bison</b>	<i>Filet Mignon, ground bison (90% lean or more)</i>
<b>Lamb</b>	<i>Tenderloin, loin chops, boneless leg (trim off as much fat as possible)</i>

### SEAFOOD

*Depending on where you live, you'll need to buy flash frozen.  
Also be mindful of mercury levels.*

<b>Salmon</b>	<i>Wild sockeye, coho (leanest of the two cuts)</i>
<b>Mahi Mahi</b>	<i>Filet, steak (do not consume more than once per week due to mercury levels)</i>
<b>Swordfish</b>	<i>Filet, steak</i>
<b>Tuna</b>	<i>Steak, canned (look for low mercury and wild-caught)</i>
<b>Whitefish</b>	<i>Wild-caught: cod, snapper, haddock, halibut, tilapia (farm-raised fish may contain dioxins, a cancer-causing chemical, and methylmercury)</i>

### EGGS

<b>Whole Eggs</b>	<i>Pasture-raised, free-range, organically fed chickens and local are best</i>
<b>Egg Whites</b>	<i>Pasteurized egg whites (make sure the ONLY ingredient is 100% egg whites)</i>

### PROTEIN SUPPLEMENTS

*We don't recommend more than 3 scoops of whey protein isolate per day as you want the majority of your nutrition sources coming from whole foods.*

**Whey Protein Isolate**

**Plant-Based Protein Powder**

# Easy Meal-Prep FOOD SWAPS GUIDE

## ↪ CARB FOOD SWAPS ↪

### STARCHY CARBOHYDRATES

<b>Oatmeal</b>	<i>Make sure you choose "plain" not flavored oats.</i>
<b>Bread</b>	<i>Gluten-free sprouted grain bread (Ezekiel bread is hands down the best)</i>
<b>Rice</b>	<i>Brown rice or other "whole" grain</i>
<b>Potatoes</b>	<i>Sweet potatoes, fingerling potatoes, white potatoes, yams</i>
<b>Quinoa</b>	<i>Check the label to make sure it's not packaged with processed ingredients.</i>

### FRUITS

<i>Apple</i>	<i>Cantaloupe</i>	<i>Lemon</i>	<i>Pear</i>
<i>Apple Sauce</i>	<i>Cherries</i>	<i>Lime</i>	<i>Pineapple</i>
<i>Apricot</i>	<i>Grapes</i>	<i>Mango</i>	<i>Plum</i>
<i>Banana</i>	<i>Grapefruit</i>	<i>Nectarine</i>	<i>Raspberry</i>
<i>Blackberry</i>	<i>Honeydew</i>	<i>Oranges</i>	<i>Strawberry</i>
<i>Blueberry</i>	<i>Kiwi</i>	<i>Peaches</i>	<i>Tangerine</i>

### VEGETABLES

<i>Artichoke</i>	<i>Carrots</i>	<i>Okra</i>	<i>Turnips</i>
<i>Artichoke Hearts</i>	<i>Cauliflower</i>	<i>Onions</i>	<i>Zucchini</i>
<i>Asparagus</i>	<i>Celery</i>	<i>Parsnip</i>	<i>Note: If you have stomach aches, bloating, gas or diarrhea after eating certain veggies, try steaming or cooking them to ease digestion.</i>
<i>Alfalfa Sprouts</i>	<i>Cucumber</i>	<i>Peppers</i>	
<i>Beets</i>	<i>Eggplant</i>	<i>Pumpkin</i>	
<i>Brussel Sprouts</i>	<i>Leafy Greens (all kinds)</i>	<i>Radishes</i>	
<i>Broccoli</i>	<i>Leeks</i>	<i>Squash (variety)</i>	
<i>Cabbage</i>	<i>Mushrooms</i>	<i>Tomato (variety)</i>	



Easy Meal-Prep

# FOOD SWAPS GUIDE

## ↪ FAT FOOD SWAPS ↪

### OILS & NUTS

Avocado	<i>This fruit is in this section due to its high fat content</i>
Avocado Oil	<i>Unrefined, minimally cold processed</i>
Almonds	<i>Option: almond butter</i>
Brazil Nuts	
Cashews	<i>Option: cashew butter, avoid seed oils</i>
Coconut Oil	<i>Unrefined, minimally cold processed</i>
Ghee Clarified Butter	<i>Grass-fed if possible</i>
Hazelnuts	
Macadamia Nuts	
Olive Oil	<i>Unfiltered extra virgin is best</i>
Peanuts	<i>Option: peanut butter, avoid seed oils</i>
Pecans	
Pine Nuts	
Pistachios	
Walnuts	

Easy Meal-Prep

# FOOD SWAPS GUIDE

## ↪ DAIRY FOOD SWAPS ↪

*Choose organic and hormone-free dairy products whenever possible.*

<b>Cottage Cheese</b>	<i>Look for a minimal ingredient list</i>
<b>Extra Sharp Cheddar Cheese</b>	
<b>Feta Cheese</b>	
<b>Goat Cheese</b>	
<b>Plain Greek Yogurt</b>	<i>Avoid flavored and high sugar yogurt varieties Option: Use plain Greek yogurt in place of sour cream</i>
<b>Mozzarella Cheese</b>	
<b>Parmesan Cheese</b>	
<b>Ricotta Cheese</b>	
<b>Swiss Cheese</b>	

# Easy Meal-Prep GROCERY LIST

- Make this list your own, depending on what's on your meal prep menu this week.
- Focus on seasonal produce (local if possible!) for freshness and better pricing. Frozen also works!
- Make sure you check the expiration and "best by" dates on perishables like milk, eggs, meat, etc.

## ➡ FRESH FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Berries (strawberries, blueberries, etc.)
- ☐ Oranges
- ☐ Seasonal fruits (e.g., peaches in summer, pears in fall)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ FRESH VEGETABLES

- ☐ Leafy greens (spinach, kale, mixed salad greens)
- ☐ Broccoli
- ☐ Bell peppers
- ☐ Carrots
- ☐ Zucchini
- ☐ Seasonal vegetables (e.g., asparagus in spring, squash in fall)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ DAIRY & EGGS

- ☐ Milk or dairy alternative
- ☐ Greek yogurt or plant-based yogurt
- ☐ Cheese (feta, goat, cashew, etc.)
- ☐ Free-range eggs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ MEAT SEAFOOD

- ☐ Chicken breast or thighs
- ☐ Lean beef or pork
- ☐ Fish (salmon, tilapia, etc.)
- ☐ Shrimp or other seafood
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ BREAD & BAKERY

- ☐ Whole grain or sourdough bread
- ☐ Tortillas (whole wheat or corn)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ REFRIGERATED ITEMS

- ☐ Hummus
- ☐ Tofu or tempeh
- ☐ Sauerkraut/kimchi/pickles
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## ➡ FROZEN FOODS

- ☐ Frozen fruits (for smoothies)
- ☐ Frozen vegetables (peas, green beans, etc.)
- ☐ Frozen seafood or plant-based protein alternatives
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_







# *Delicious Mix+Match* **MEAL PREP RECIPES**

These recipes are our new favorite way to prep meals. That's because they:

- ✓ *Start with a base recipe that's simple and delicious*
- ✓ *Can be enjoyed as-is*
- ✓ *Give you dozens of possibilities*

# CHICKEN & VEGGIE

## STIR FRY *Serves 4*

### NUTRITION INFORMATION (PER SERVING)

Calories: 350 kcal; Fat: 8 grams; Carbs: 39 grams;  
Fiber: 7 grams; Protein: 30 grams.

## INGREDIENTS

- 1 lb. (450 grams) chicken breast
- 2 medium bell peppers
- 14 oz (400 grams) broccoli florets
- 8 oz (220 grams) snap peas
- ¼ cup (60 ml) coconut aminos or low-sodium soy sauce
- 4 cloves garlic, minced
- 4 tsp ginger, minced
- 1 Tbsp olive oil
- 2 cups (340 grams) cooked brown rice

## INSTRUCTIONS

### **Prepare Ingredients**

Slice the chicken breast and bell pepper into thin strips, cut the broccoli into florets, and trim the ends of the snap peas. If your rice isn't already cooked, prepare it according to package directions.

### **Cook the Chicken and Veggies**

Heat olive oil in a pan over medium-high heat. Add the chicken strips and cook until browned and cooked through, about 5-7 minutes. Remove from the pan and set aside. Add the garlic and ginger and sauté for about 1 minute, until fragrant. Add the bell peppers, broccoli, and snap peas. Stir-fry for about 7 minutes until the vegetables reach your desired level of tenderness.

### **Assemble**

Return the chicken to the pan, add the coconut aminos, and stir to combine all ingredients. Continue to cook for another 3-4 minutes until heated through.

### **Serve**

Place the cooked brown rice in a serving dish and top with the chicken-veggie mixture. Enjoy immediately, or let cool and store in a container for meal prep.



## Meal Prep RECIPE SWAPS



### PROTEIN

Tofu, shrimp, beef, tempeh



### VEGGIES

Zucchini, carrots, green beans, mushrooms



### CARBS

Serve over quinoa or cauliflower rice



### FATS

Add sesame oil



# TURKEY & SWEET POTATO

**SKILLET** Serves 4

## NUTRITION INFORMATION (PER SERVING)

Calories: 320 kcal; Fats: 11 grams; Carbs: 33 grams;  
Fiber: 6 grams; Protein: 24 grams

## INGREDIENTS

- 1 lb (450 grams) ground turkey
- 4 medium sweet potatoes
- 8 oz (220 grams) baby spinach
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tsp each cumin and chili powder
- 4 tsp olive oil
- Sea salt and pepper, to taste

## INSTRUCTIONS

### Prepare Ingredients

Peel and dice the sweet potato into small cubes. Dice the onion and mince the garlic.

### Cook

1. Heat the olive oil in a skillet over medium heat. Add the diced sweet potato and cook for about 5-7 minutes until it begins to soften.
2. Move the potatoes to the side of the skillet and add the ground turkey, diced onion, and minced garlic. Cook 5-7 minutes, stirring frequently, until the turkey is browned and cooked through.
3. Stir in the cumin and chili powder, mixing well to coat the turkey and sweet potatoes.
4. Add the spinach to the skillet and cook for another 2-3 minutes until the spinach is wilted. Season with salt and pepper to taste.

### Serve

Transfer to a plate and enjoy immediately, or let cool and store in a container for meal prep.



## Meal Prep RECIPE SWAPS



### PROTEIN

Ground chicken, beef, lentils



### VEGGIES

Kale, bell peppers, zucchini



### CARBS

Swap sweet potatoes with butternut squash or regular potatoes



### FATS

Use avocado oil for cooking

# BEEF & BROCCOLI

Serves 4

## NUTRITION INFORMATION (PER SERVING)

Calories: 280 kcal; Fats: 12 grams; Carbs: 13 grams;  
Fiber: 4 grams; Protein: 30 grams

## INGREDIENTS

- 1 lb (450 grams) flank steak, thinly sliced
- 20 oz (600 grams) broccoli florets
- 6 cloves garlic, minced
- 4 tsp ginger, minced
- ¼ cup (60 ml) coconut aminos or low-sodium soy sauce
- 1 cup (240 ml) low-sodium vegetable or beef broth
- 1 Tbsp olive oil
- 1 tsp cornstarch (optional, for thickening)
- ¼ cup (60 ml) water (optional, for mixing with cornstarch)

## INSTRUCTIONS

### Prepare Ingredients

Thinly slice the flank steak, cut the broccoli into small florets, and mince the garlic and ginger.

### Cook

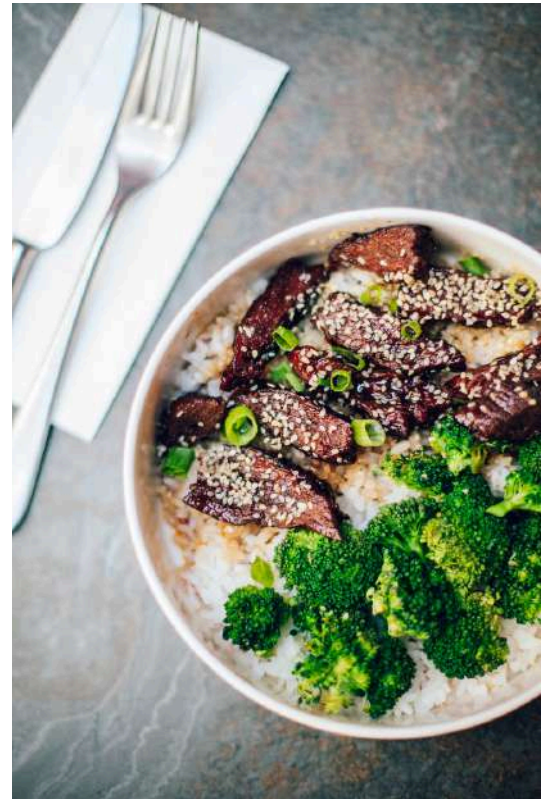
1. Bring a couple of inches of water to a boil in a small pot. Add the broccoli and cook for 3-4 minutes until tender-crisp. Drain and set aside.
2. Heat the olive oil in a skillet over medium-high heat. Add the steak slices and cook for 3-5 minutes, until browned cooked through. Remove from the skillet and set aside.
3. In the same skillet, add the minced garlic and ginger and cook for 1-2 minutes until fragrant.

### Make the Sauce

Return the beef to the skillet. Add the aminos or soy sauce and beef broth, stirring to combine. If you want to thicken, mix the cornstarch with water in a small bowl, whisking to create a slurry. Add to the skillet and stir well. Cook for another 2-3 minutes until the sauce has thickened.

### Finish and Serve

Add the cooked broccoli to the skillet and toss to coat with the sauce. Cook for an additional 2-3 minutes until everything is heated through. Transfer to a plate and enjoy immediately, or let cool and store in a container for meal prep.



## Meal Prep RECIPE SWAPS



### PROTEIN

Chicken, tofu, pork



### VEGGIES

Cauliflower, snap peas, bell peppers



### CARBS

Serve with rice, noodles, or cauliflower rice



### FATS

Use sesame oil or top with nuts

# SHRIMP & AVOCADO

## **SALAD** Serves 4

### NUTRITION INFORMATION (PER SERVING)

Calories: 285 kcal; Fats, 21 grams; Carbs, 14 grams;  
Fiber, 7 grams; Protein, 20 grams

## INGREDIENTS

- 3 Tbsp olive oil, divided
- 1 lb (450 grams) of shrimp, peeled and deveined
- 2 medium avocados
- 14 oz (400 grams) cherry tomatoes, halved
- 1 medium red onion, finely diced
- 4 handfuls of leafy salad greens, washed
- Handful of cilantro, chopped
- Juice of 2 limes
- Salt and pepper, to taste

## INSTRUCTIONS

### **Prepare Ingredients**

Heat 1 Tbsp of olive oil in a sauté pan over medium heat and add the shrimp. Cook for 2-3 minutes until the shrimp turn pink and opaque. Drain and let cool. While it's cooling, dice the avocado and onion, cut the tomatoes in half, and chop the cilantro.

### **Make the Dressing**

In a small bowl, whisk together the lime juice, remaining 2 Tbsp olive oil, salt, and pepper.

### **Assemble the Salad**

In a large bowl, combine the cooked shrimp, diced avocado, cherry tomatoes, red onion, salad greens, and cilantro. Pour the dressing over the salad and toss gently to combine.

### **Serve**

Serve immediately, or let cool and store in a container for meal prep.



## Meal Prep RECIPE SWAPS



### PROTEIN

Chicken, tofu, chickpeas



### VEGGIES

Cucumber, bell peppers, spinach



### CARBS

Add quinoa or brown rice



### FATS

Top with nuts or use extra avocado



# BAKED SALMON

## AND ASPARAGUS Serves 4

### NUTRITION INFORMATION (PER SERVING)

Calories, 346 kcal; Fats, 22 grams; Carbs, 7 grams;  
Fiber, 3 grams; Protein, 30 grams.

## INGREDIENTS

- 20 oz (600 g) salmon fillet
- 20 oz (600 g) asparagus
- 2 Tbsp olive oil, divided
- 2 lemons, sliced
- 8 cloves garlic, minced
- Sea salt and pepper, to taste

## INSTRUCTIONS

### Prep Work

Preheat your oven to 400°F/200°C. Line a baking sheet with parchment paper or aluminum foil that's been sprayed with non-stick cooking spray.

### Prepare Ingredients

Place the salmon fillet on the baking sheet. Toss the asparagus in 2 Tbsp olive oil and arrange around the salmon. Mince the garlic and slice the lemon, and place on top of the salmon and asparagus. Season with salt and pepper to taste.

### Bake

Place the salmon in the preheated oven for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork, and the asparagus is tender.

### Serve

Transfer to a plate and enjoy, or let cool and store in a container for meal prep.



## Meal Prep RECIPE SWAPS



### PROTEIN

Chicken breast, tofu, cod



### VEGGIES

Broccoli, green beans, bell peppers



### CARBS

Serve with brown rice, quinoa, or potatoes



### FATS

Add avocado or use a different oil like avocado oil

# CHICKEN BURRITO

**BOWLS** Serves 4

## NUTRITION INFORMATION (PER SERVING)

Calories: 415 kcal; Fats, 15 grams; Carbs, 45 grams;  
Fiber, 10 grams, Protein, 25 grams.

## INGREDIENTS

- 16 oz (400 grams) chicken breast, cooked and diced
- 2 cups (340 grams) cooked brown rice
- 1 cup (240 grams) black beans, canned, drained & rinsed
- 1 cup (160 grams) frozen corn kernels
- 2 medium bell peppers, diced
- 1 cup (240 grams) salsa
- 1 medium avocado, diced

## INSTRUCTIONS

### Assemble the Burrito Bowl

In a bowl, layer the cooked rice, black beans, corn, bell peppers, diced chicken, and salsa. Top with the diced avocado.

Eat and enjoy, or place in a storage container for a future meal.



## Meal Prep RECIPE SWAPS



### PROTEIN

Beef, shrimp, tofu



### VEGGIES

Lettuce, tomatoes, onions



### CARBS

Use quinoa or cauliflower rice



### FATS

Add cheese or use guacamole