

WWW.WEIGHTLOSSRELAXED.COM

THE HEALTHY MEAL PREP GUIDE

Your Step-by-Step Guide to Easy and Nutritious Meals All Week

DISCLAIMER

The information contained in this ebook is for educational and informational purposes only and is not intended as medical advice. It is not intended to diagnose, treat, cure, or prevent any disease, nor should it be used as a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified healthcare provider with any questions you may have regarding a medical condition.

The nutritional information provided in this ebook is based on current scientific understanding and is subject to change as new research becomes available. The authors and publisher make no representation or warranties concerning the accuracy or completeness of the ebook's contents and specifically disclaim any implied warranties of merchantability or fitness for any particular purpose.

The authors and publisher shall have no liability or responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this ebook. Any reliance you place on such information is therefore strictly at your own risk.

The opinions expressed in this ebook are those of the authors and do not necessarily reflect the views of the publisher. The publisher does not endorse any specific product or service mentioned in this ebook.

All trademarks, service marks, trade names, logos, and graphics used in this ebook are the property of their respective owners.



WELCOME

I'm Björn Rudnik, committed to helping you achieve optimal health through balanced, science-backed dietary choices.

Welcome to The Healthy Meal Prep Guide — your go-to resource for simplifying nutrition without sacrificing flavor.

Inside, you'll uncover practical strategies for efficient meal planning, time-saving techniques for cooking and storing, and a wide variety of healthy, delicious recipes.

This guide is designed to keep you organized, cut down on food waste, and make balanced eating easier than ever.

Get ready to enjoy stress-free, nourishing meals every day — while saving both time and energy in the kitchen!

Björn Rudnik

Creator of Weight Loss Relaxed



TABLE OF CONTENTS

The Benefits of Meal Prep 5

The Foundation of a Balanced Diet 6

Essential Food Groups 7

How to Build the Perfect Meal 9

Protein Cheat Sheet 10

Carbohydrates Cheat Sheet 11

Fats Cheat Sheet 12

Hand Size Portion Control 13

Meal Prep Smart Strategies 14

Calculate your Calorie and Macro Needs 15

Food Safety & Storage Guidelines 17

Master Your Meal Planning 18

Meal Prep Inspiration 19

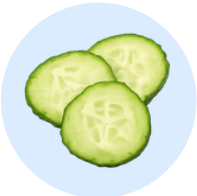
THE BENEFITS OF MEAL PREP

Meal preparation, often referred to as meal prep, is a proactive approach to planning and preparing meals in advance. This practice offers numerous benefits that can enhance both physical and mental well-being.



TIME-SAVING

You can save valuable time during busy weekdays by dedicating a block of time to preparing meals in advance. This allows quick, stress-free access to nutritious meals without the need for extensive daily cooking or planning.



HEALTHIER EATING HABITS

Meal prep encourages healthier eating habits by promoting portion control and the use of wholesome, balanced ingredients. With meals pre-planned and ready to eat, you are far less likely to rely on unhealthy fast food or last-minute convenience options.



CONSISTENCY IN NUTRITION

Meal prep enables you to maintain greater consistency in your nutritional intake, helping you meet your dietary goals and daily requirements. This is especially beneficial for individuals managing specific health conditions, energy levels, or fitness objectives.



COST-EFFECTIVE

Planning meals ahead of time can be highly cost-effective, as it reduces impulse purchases and minimizes food waste. Buying ingredients in bulk, planning portions, and efficiently using leftovers are additional ways meal prep helps save money.



REDUCED STRESS

Knowing that meals are prepared in advance can significantly reduce the stress associated with daily meal decisions and time pressure. It provides peace of mind, supports routine, and allows you to focus on other priorities throughout the week.

THE FOUNDATION OF A BALANCED DIET

Building a balanced diet involves incorporating key principles that promote overall health and well-being. By focusing on moderation, nutrient density, and mindful eating while emphasizing whole foods and adequate hydration, you can create a sustainable approach to nutrition.

MODERATION AND BALANCE

Ensure you eat foods in appropriate portions to maintain a healthy weight and obtain all necessary nutrients. Avoid excessive consumption of any single food or nutrient, and aim for a diet that includes a mix of macronutrients—carbohydrates, proteins, and fats.

MINDFUL EATING

Pay attention to what and how much you eat, savoring each bite and recognizing hunger and fullness cues. Mindful eating helps prevent overeating and promotes a healthier relationship with food by encouraging you to focus on the experience of eating and listening to your body's signals.

HYDRATION

Hydration is essential for maintaining normal bodily functions, supporting digestion, regulating body temperature, and aiding nutrient transport. Drinking enough fluids throughout the day helps the body function efficiently.

NUTRIENT DENSITY

Choose foods rich in vitamins, minerals, and beneficial nutrients relative to their calorie content. Nutrient-dense foods like leafy greens, berries, and lean proteins provide more essential nutrients per calorie, helping you meet your nutritional needs without excess intake.

WHOLE FOODS

For optimal health benefits, focus on consuming minimally processed foods such as fruits, vegetables, whole grains, and lean proteins. Whole foods retain more vitamins, minerals, and fiber than highly processed foods, which often contain added sugars, unhealthy fats, excess sodium, and artificial ingredients.

VARIETY AND DIVERSITY

Incorporate a wide range of foods from different food groups to ensure a broad intake of nutrients and protective phytochemicals. Eating a varied diet supports overall health and reduces the risk of nutrient gaps.



ESSENTIAL FOOD GROUPS

WHOLE GRAINS

Whole grains such as brown rice, oats, and whole wheat are rich in fiber, which aids digestion, promotes satiety, and helps regulate blood sugar levels. They also provide essential nutrients like B vitamins, iron, and magnesium, supporting overall energy production and nervous system health.



MEAT, SEAFOOD, DAIRY AND EGGS

These foods provide essential nutrients for overall health. Lean meats and poultry are rich sources of complete proteins, iron, and zinc, vital for muscle repair, immune function, and metabolism. Dairy products like milk and yogurt offer calcium and vitamin D, crucial for bone health and reducing osteoporosis risk. Seafood, such as fish and shellfish, supplies high-quality protein, omega-3 fatty acids, and minerals like iodine and selenium. Omega-3s support heart health and brain function, while selenium aids antioxidant defense and thyroid function.

BEANS AND LEGUMES

Beans and legumes like lentils, chickpeas, and black beans are excellent plant-based protein, fiber, and complex carbohydrate sources. They contribute to heart health by lowering cholesterol levels and supporting healthy blood pressure. Additionally, their high fiber content aids in digestive health and promotes feelings of fullness, aiding weight management.

VEGETABLES

Vegetables are low in calories and high in vitamins (such as vitamin A, vitamin C, and vitamin K), minerals (like potassium and magnesium), antioxidants (such as beta-carotene and lutein), and dietary fiber. They promote digestive health, support immune function, and help reduce inflammation in the body, contributing to overall well-being and disease prevention. Different colored vegetables provide a variety of phytochemicals, each with unique health benefits.



FRUITS

Fruits are packed with vitamins (such as vitamin C and folate), minerals (like potassium and magnesium), antioxidants (such as flavonoids and carotenoids), and dietary fiber. They provide essential nutrients for overall health, support immune function, and help reduce the risk of chronic diseases such as heart disease and certain cancers. Their natural sugars provide a quick source of energy, making them an ideal choice for a healthy snack.





NUTS, SEEDS, AND OILS

Nuts and seeds are sources of healthy fats (monounsaturated and polyunsaturated fats), protein, fiber, vitamins (such as vitamin E and B vitamins), and minerals (like magnesium and potassium). They provide essential fatty acids like omega-3s, which support heart health, brain function, and reduce inflammation. Healthy oils, such as olive oil and avocado oil, are rich in monounsaturated fats and antioxidants (such as tocopherols and phenols), promoting heart health, reducing inflammation, and supporting overall well-being.

HYDRATION

Proper hydration is essential for optimal bodily functions, aiding digestion, nutrient absorption, and temperature regulation. The recommended intake is about 8 glasses of water (approximately 2 liters) per day, though individual needs vary based on factors like activity level and climate. Active individuals and those in hot climates may require more to replenish fluids lost through sweat. Adequate hydration supports overall health, cognitive function, and physical performance, so prioritize staying hydrated throughout the day.



HOW TO BUILD THE PERFECT MEAL

A balanced diet centers on moderation, nutrient-dense whole foods, mindful eating, and proper hydration, creating a sustainable foundation for long-term health and well-being.



VEGETABLES

Fill half of your plate with a variety of colorful vegetables such as spinach, bell peppers, carrots, or broccoli. Vegetables are packed with vitamins, minerals, antioxidants, and fiber that promote overall health, aid digestion, and help protect against chronic diseases. The wider the variety of colors, the broader the spectrum of nutrients you'll provide your body.



CARBOHYDRATES

Reserve about one-quarter of your plate for wholesome carbohydrates like brown rice, quinoa, oats, or starchy vegetables such as sweet potatoes and squash. Carbohydrates are your body's main energy source and also provide fiber, which is vital for digestive health, blood sugar regulation, and sustained energy throughout the day.



PROTEIN

Fill roughly one-quarter of your plate with lean protein sources such as chicken breast, fish, tofu, eggs, lentils, or beans. Protein supports muscle repair and growth, helps maintain a healthy immune system, and plays a key role in hormone and enzyme production. Incorporating a balance of both plant-based and animal proteins can diversify nutrient intake and keep meals satisfying.



HEALTHY FATS

Add sources like avocado, nuts, or olive oil in moderation. Aim for about 1-2 tablespoons or a small handful. Healthy fats support brain function, hormone regulation, and the absorption of fat-soluble vitamins.

PROTEIN CHEAT SHEET

FOOD	CAL	PROTEINS	CARBS	FATS
Beef, ground (80% lean)	254	**17g**	0g	20g
Beef, filet mignon	271	**20g**	0g	8g
Beef, sirloin steak	250	**26g**	0g	10g
Chicken breast, skinless	165	**31g**	0g	1g
Chicken thighs, skinless	209	**26g**	0g	9g
Turkey breast, skinless	104	**29g**	0g	1g
Turkey, ground (80% lean)	171	**18g**	0g	10g
Pork chop, center loin	221	**26g**	0g	9g
Pork tenderloin	143	**23g**	0g	3g
Pork, ground (80% lean)	287	**18g**	0g	14g
Salmon, wild-caught	206	**20g**	0g	13g
Sardines	208	**25g**	0g	11g
Tilapia	96	**26g**	0g	2g
Tuna	116	**30g**	0g	1g
Shrimp	85	**24g**	0g	1g
Butter	717	**0.9g**	0g	81g
Cheddar cheese	403	**25g**	1.2g	33g
Colby cheese	394	**23g**	1.6g	29g
Cottage cheese (regular)	342	**6g**	4g	34g
Cottage cheese (low-fat)	72	**10g**	2.8g	1g
Cream cheese (reguar)	342	**3g**	3g	34g
Cream cheese (low-fat)	246	**7g**	3g	10g
Feta cheese	264	**14g**	1g	21g
Gouda cheese	356	**25g**	2g	28g
Yogurt, Greek (regular)	97	**10g**	4g	10g
Yogurt, Greek (low-fat)	73	**9g**	3.6g	2g
Eggs	155	**13g**	1.1g	11g
Tofu	76	**8g**	2g	6g
Tempeh	193	**19g**	9g	11g

***All values are per 100g of the product**

CARBOHYDRATE CHEAT SHEET

FOOD	CAL	PROTEINS	CARBS	FATS
Oats	389	11g	**66g**	6.5g
Brown rice	111	2.7g	**23g**	2.6g
Quinoa	120	4.4g	**21g**	6g
Barley	354	2.3g	**28g**	1.2g
Whole wheat bread	247	9.4g	**49g**	2.4g
Whole wheat pasta	131	13g	**26g**	1g
Buckwheat	343	13.3g	**71g**	2.7g
Rye	335	6g	**79g**	1.5g
Sweet potatoes	86	1.6g	**20g**	0.1g
Potatoes	87	2g	**17g**	0g
Corn	96	3.2g	**19g**	1.1g
Peas	81	5.4g	**14g**	0.4g
Pumpkin	26	1g	**7g**	0.1g
Squash	45	1g	**4g**	0.1g
Yams	118	1.5g	**28g**	0g
Lentils	116	9g	**20g**	1g
Chickpeas	364	8.9g	**27g**	6g
Black beans	341	8.9g	**23g**	0.9g
Kidney beans	127	8.7g	**22g**	1.1g
Navy beans	347	8.2g	**24g**	0.1g
Lima beans	338	7.8g	**15g**	0.3g
Apples	52	0.3g	**14g**	0.1g
Bananas	89	1.1g	**23g**	0.3g
Oranges	47	0.9g	**12g**	0.2g
Grapes	69	0.7g	**18g**	0.1g
Melons	34	0.8g	**8g**	0.1g
Peaches	37	0.9g	**10g**	0.2g
Pears	57	0.4g	**15g**	0.1g
Mangoes	60	0.8	**15g**	0.3g

***All values are per 100g of the product**

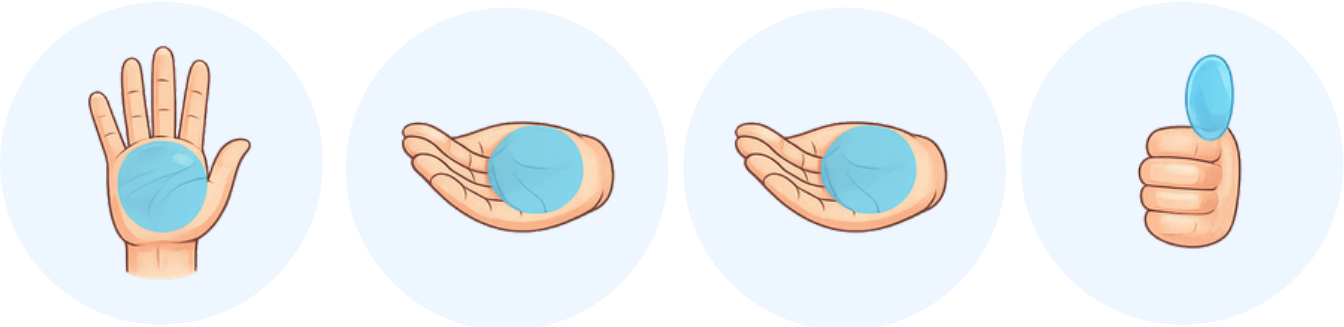
FATS CHEAT CHEET

FOOD	CAL	PROTEINS	CARBS	FATS
Butter	717	0.8g	0.6g	**81g**
Ghee	900	0g	0g	**99g**
Margarine	717	02.g	0.3g	**80g**
Mayonnaise	684	1.1g	3.2g	**75g**
Olive oil	884	0g	0g	**100g**
Coconut oil	862	0g	0g	**100g**
Avocado oil	884	0g	0g	**100g**
Flaxseed oil	884	0g	0g	**100g**
Avocado	160	2g	8.5g	**15g**
Almonds	579	21.2g	21.6g	**49g**
Walnuts	654	15.2g	13.7g	**65g**
Pecans	691	9g	3.9g	**72g**
Cashews	553	18.2g	30g	**44g**
Macadamia nuts	718	7.9g	4.5g	**76g**
Brazil nuts	656	14.3g	2.3g	**66g**
Peanut butter	589	25g	20.6g	**50g**
Almond butter	614	21.2g	18.7g	**50g**
Flaxseeds	534	18.2g	28.8g	**42g**
Chia seeds	486	16.5g	42g	**31g**
Sunflower seeds	584	20.7g	20.7g	**51g**
Pumpkin seeds	559	30.2g	10.7g	**49g**
Hemp seeds	553	31.5g	3.4g	**49g**
Tahini	633	17g	17g	**53g**
Olives	115	0.8g	3.8g	**15g**
Dark chocolate	604	5.5g	45g	**30g**

***All values are per 100g of the product**

HAND SIZE PORTION CONTROL

Portion control is crucial for maintaining a healthy diet. Using your hand as a reference can simplify portion sizes, though individual needs may vary based on factors like activity level and metabolic rate.



Protein
1 portion = 1 palm

Carbohydrates
1 portion = 1 fist

Vegetables
1 portion = 1 handful

Healthy Fats
1 portion = 1 thumb

WEIGHT LOSS

- **Carbohydrates:** Limit to 1 fist-sized portion per meal
- **Protein:** 1 palm-sized portion per meal
- **Vegetables:** Fill half your plate with vegetables, using 1 handful
- **Healthy Fats:** 1 thumb-sized portion per meal

MUSCLE GAIN

- **Carbohydrates:** 2 fist-sized portions per meal
- **Protein**: 2 palm-sized portions per meal
- **Vegetables:** Fill half your plate with vegetables, using 2 handfuls
- **Healthy Fats:** 2 thumb-sized portions per meal

While using hand size portions is not a precise method, it provides a practical starting point for managing food intake during weight loss or muscle gain efforts. Adjust these guidelines based on individual needs and goals to achieve optimal results.



MEAL PREP SMART STRATEGIES

WEEKLY MEAL PLANNING

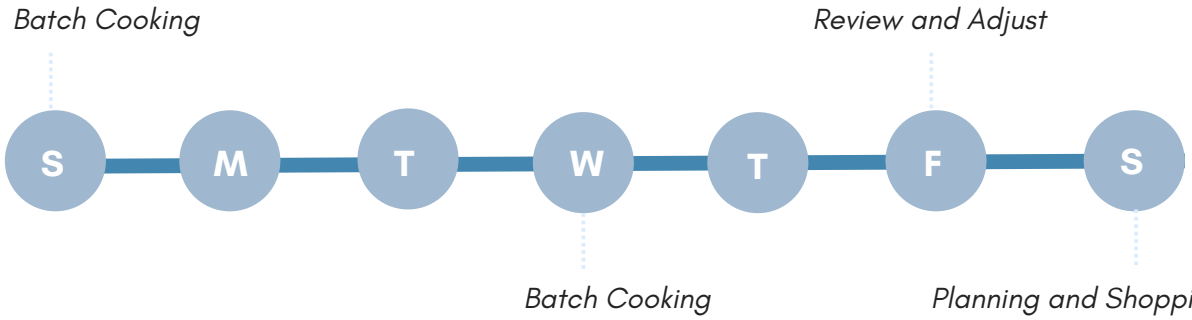
Effective weekly meal planning ensures you have nutritious meals ready throughout the week. Begin by creating a meal plan that includes breakfast, lunch, dinner, and snacks. Make a shopping list based on your meal plan to streamline grocery shopping and reduce food waste. Aim for variety in your meals to ensure balanced nutrition and enjoyment.

BATCH COOKING AND FREEZING MEALS

Batch cooking involves preparing larger quantities of food at once, which can save time and effort during the week. Choose recipes that can be easily doubled or tripled without compromising taste or quality. Divide cooked meals into individual portions and store them in airtight containers or freezer-safe bags for later use. Label containers with the date and contents for easy identification. Freezing meals allows you to have a variety of homemade dishes ready to heat and eat when needed, making busy days more manageable.

CREATING A MEAL PREP SCHEDULE

Developing a meal prep schedule helps maintain consistency and efficiency. Set aside dedicated time each week for planning, shopping, and cooking. Start by reviewing your calendar to identify busy days and plan simpler meals or leftovers. Allocate specific days for grocery shopping and meal preparation based on your schedule. Use meal prep days to chop vegetables, cook grains, marinate proteins, and assemble meals in advance. Adjust your schedule as needed to accommodate changes in routines or preferences.



CALCULATE YOUR CALORIE AND MACRO NEEDS

Step 1: Calculate Your BMR (Basal Metabolic Rate)
This is the number of calories your body burns at rest.

Formula (metric):
Men: 88.36 + (13.4 × weight kg) + (4.8 × height cm) – (5.7 × age)
Women: 447.6 + (9.2 × weight kg) + (3.1 × height cm) – (4.3 × age)

Example: 30-year-old male, 80 kg, 180 cm → ~1850 calories/day

---

Step 2: Find Your TDEE (Total Daily Energy Expenditure)
Multiply your BMR by an activity factor

- Sedentary (little/no exercise) × 1.2
- Lightly Active (1–3 days/week) × 1.375
- Moderately Active (3–5 days/week) × 1.55
- Very Active (6–7 days/week) × 1.725
- Super Active (intense training/physical job) × 1.9

Example:
1850 × 1.2 (sedentary) =
~2225 calories/day

Step 3: Set Your Goal

- **Weight Loss:** TDEE – 500 kcal/day (0.5–1 kg per week loss)
- **Maintenance:** TDEE (maintain weight)
- **Weight Gain:** TDEE + 250–500 kcal/day (0.25–0.5 kg per week gain)

Example: 2225 – 500 = ~1725 calories/day for weight loss

Step 4: Split Into Macros

Distribute your daily calories into protein, carbs, and fats:

- Protein: 20–30% (1.6–2.2 g per kg bodyweight)
- Fat: 20–30%
- Carbs: 40–55% (fill the rest)



Example (1725 calories/day):

Protein	Fat	Carbs
150 g	**55 g**	**160 g**
(~600 kcal, 35%)	*(~495 kcal, 29%)*	*(~640 kcal, 36%)*

Example Macro Splits for Different Goals

1. Weight Loss (Fat Loss)
- Protein: 30–35% (to preserve muscle mass)
- Fat: 25–30%
- Carbs: 35–40%

2. Maintenance (Balance & Energy)
- Protein: 25–30%
- Fat: 25–30%
- Carbs: 40–50%

3. Muscle Gain (Bulking)
- Protein: 20–25% (enough to support growth)
- Fat: 20–25%
- Carbs: 50–55% (for energy and recovery)

Example (1725 kcal):
- Protein: 150 g (~600 kcal)
- Fat: 55 g (~495 kcal)
- Carbs: 130 g (~520 kcal)

Example (2200 kcal):
- Protein: 140 g (~560 kcal)
- Fat: 65 g (~585 kcal)
- Carbs: 270 g (~1080 kcal)

Example (2800 kcal):
- Protein: 175 g (~700 kcal)
- Fat: 75 g (~675 kcal)
- Carbs: 345 g (~1380 kcal)

Tip: These splits are a starting point. Adjust slightly depending on your food preferences, activity level, and how your body responds.

FOOD SAFETY & STORAGE GUIDELINES

One of the most important aspects of meal prep is keeping your food safe, fresh, and flavorful. Following proper storage practices ensures that your hard work lasts all week without the risk of foodborne illness.



Safe Storage Times

- Cooked proteins (chicken, beef, fish, tofu): Store in the fridge for 3–4 days or freeze for 2–3 months.
- Cooked grains (rice, quinoa, pasta): Keep refrigerated for 3–4 days or freeze for up to 3 months.
- Cooked vegetables: Refrigerate for 3–5 days; steamed or roasted veggies freeze well for 2–3 months.
- Soups, stews, and chili: Refrigerate for 3–4 days or freeze for 2–3 months.

Tip: Always let food cool before refrigerating to avoid raising fridge temperature.

Best Practices for Freezing & Thawing

- Freeze in portions: Divide meals into single servings before freezing for easier reheating.
- Use airtight containers or freezer bags: This prevents freezer burn and preserves flavor.
- Avoid repeated freezing: Once thawed, do not refreeze meals, as this reduces quality and increases the risk of bacterial growth.
- Thaw safely: Move frozen meals to the fridge the night before, or use the microwave's defrost setting. Never thaw at room temperature.
- Reheat thoroughly: Heat meals to an internal temperature of 165°F (74°C) before serving.
- Label with date & contents: Helps you track freshness and avoid forgotten meals.

When it comes to meal prep, safety always comes before convenience. Take a few extra minutes to store, label, and rotate your meals properly—this small habit protects your health, preserves flavor, and ensures that all your hard work in the kitchen pays off throughout the week.

MASTERING YOUR MEAL PLANNING



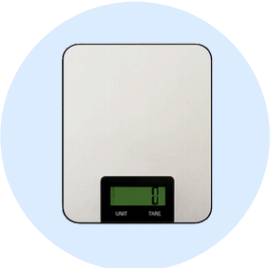
USE A TRACKING APP

Utilize meal planning and tracking apps like MyFitnessPal or Lose It! to simplify organizing meals, calculating macros, and monitoring calorie intake. These apps can also provide meal ideas and recipes based on dietary preferences and goals, inspiring creativity and efficiency in meal prep.

INVEST IN GOOD CONTAINERS

Select high-quality, reusable containers that are microwave-safe, leak-proof, and stackable. This ensures that prepared meals are stored safely and conveniently, maintaining freshness and minimizing meal prep time.





STOCK UP ON ESSENTIAL SUPPLIES

Gather essential meal prep supplies such as measuring cups, scales, sharp knives, cutting boards, and storage bags. Having these tools readily available streamlines the preparation process, making it easier to portion ingredients, chop vegetables, and assemble meals efficiently.

CREATE RECIPE AND INGREDIENT LISTS

Compile lists of favorite recipes categorized by meal type (breakfast, lunch, dinner, snacks) or cuisine preferences. Alongside each recipe, create ingredient inventories to ensure you have all the necessary items. This systematic approach facilitates efficient meal prep and inspires variety and creativity in your weekly menu planning.



MEAL PREP INSPIRATION



BROWN RICE CHICKEN AND FRESH SALAD

Fuel your week with this balanced meal featuring grilled chicken breast, nutrient-rich brown rice, refreshing cucumber, juicy tomatoes, and a dollop of Greek yogurt. Enjoy quick preparation, emphasizing efficiency without compromising flavor, making meal prep a breeze in under 30 mins.



JASMINE RICE BLACK BEANS CHICKEN AND LETTUCE

Whether you're a fan of fragrant jasmine rice or crave the bold flavors of Mexican cuisine, this dish has it all—tender chicken, hearty black beans, and crisp lettuce. For an authentic Mexican touch, top it off with jalapeños and a squeeze of lime to tantalize your taste buds.



SCRAMBLED EGGS CHEESE KALE AND AVOCADO

Enjoy a quick and nutritious breakfast option with scrambled eggs, creamy cheese, nutrient-packed kale, avocado, and crunchy almonds. Perfect for busy mornings or office-friendly late breakfasts, this dish combines convenience with essential nutrients to kickstart your day on a wholesome note.



QUINOA SALAD WITH MOZZARELLA AND TOMATO

Delight in a refreshing quinoa salad featuring creamy mozzarella and juicy tomatoes, perfect for vegetarians seeking a nutritious meal option. With minimal cooking time required, this dish offers a quick and satisfying choice for busy schedules or meal prep routines.

CONCLUSION

In conclusion, effective meal preparation hinges on understanding how to tailor your meals to meet your specific nutritional needs and goals. By incorporating principles of portion control, balanced macros, and nutrient density into your meal prep routine, you can ensure that each meal supports your health and fitness objectives.



Meal prep allows you to take control of your diet, saving time and ensuring you have nutritious options readily available. Whether you're aiming to streamline your week, support muscle growth, or manage weight, planning and preparing meals ahead of time can make achieving your goals more manageable.

Remember, the key to successful meal prep lies in consistency and variety. Experiment with different recipes, ingredients, and portion sizes to keep meals enjoyable and satisfying. With dedication and a well-planned approach, meal prep can become a cornerstone of your healthy lifestyle, empowering you to stay on track and achieve long-term success.