
MEAL
PREPPING
101
LIVE AVARA

DISCLAMER

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose or gain weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.





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MY NAME IS ROSE!

@liveavara @liveavara

Hi Beautiful!

WELCOME!

Are you tired of scrambling to prepare healthy meals during your busy week? Meal prepping is the perfect solution to take control of your nutrition while saving time and money!

In this guide, you'll discover the essentials of meal prepping, from planning your meals to choosing the right ingredients and mastering the art of portion control. Whether you're a seasoned pro or just starting out, this guide will empower you to create delicious, balanced meals that fit seamlessly into your lifestyle. Get ready to transform your approach to eating and nourish your body with ease!

Learn to GLOW from the inside out

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What...

IS A HEALTHY DIET?

A healthy diet includes all food groups, focusing on fresh fruits and vegetables, whole grains, lean proteins, and healthy fats. Planning your meals in advance—whether it's snacks for a few days or a week's worth of breakfasts, lunches, dinners, and desserts—can save you time and money, especially for those with busy lifestyles.

Meal prepping has become a go-to strategy for many who juggle full-time jobs and hectic schedules. A typical meal prep day involves chopping veggies, cooking proteins, and preparing single-serving containers, allowing you to enjoy nutritious meals on the go.

A truly healthy diet provides the nutrients your body needs to thrive. While everything you consume has certain vitamins and minerals, prioritizing nutrient-dense foods over those high in saturated fats or refined sugars is essential. Consuming low-nutrition snacks and candy can lead to deficiencies, which might leave you feeling tired or moody.

With over 30 nutrients required daily, it's crucial to eat a variety of foods from different groups to achieve balance. Remember, each nutrient plays a unique role in supporting your body, and they all work together to keep you feeling your best!
In the following pages, we will be diving into different foods and their benefits so you can have a deeper understanding of the impact of nutrition.

GRAINS

01

Like any part of your diet, it's important to eat a variety of grains. There are many to choose from, so try to include all in your meals throughout the week.

Whole grains are rich in nutrients, high in fiber and low in calories. Aim for at least three servings per day. For maximum health benefits, select unrefined grains rather than refined ones—they have more fiber, vitamins and minerals.

Whole Grains: bulgur wheat, brown rice, whole-wheat pasta, millet and buckwheat kernels

FRUIT

When you're in the mood for something sweet, reach for nutritious fruits like berries, melons, bananas, Fruits are nutrient-dense, low-calorie foods rich in vitamins, minerals, and fiber, primarily composed of carbohydrates.

Daily Serving Size:
Aim for 1.5 to 2 cups of fruit per day (about 2 to 4 servings).
Benefits:

- Supports overall health
- Aids digestion
- Promotes heart and brain health

MEAT, POULTRY AND FISH

The bulk of your diet should consist of lean proteins. Try to include fish, seafood, poultry, or white meat (such as chicken or turkey breast) with each meal. Choose smaller portions of red meat (beef, pork) and other highly processed meats as they contain large amounts of saturated fat. If you choose to eat red meat, be sure to choose lean cuts that are well-trimmed with very little visible fat.

Shrimp is an excellent source of protein as well; it is quite nutritious and provides high amounts of certain nutrients, such as iodine, that aren't abundant in many other foods.

BEANS AND LEGUMES

Whether you're vegetarian or not, beans are a great staple to add to your diet. They're extremely healthy, very filling, and come in a variety of flavors that makes them easily accessible to anyone.

The most common types of beans include black beans, pinto beans, garbanzo beans (also known as chickpeas), kidney beans, navy beans, soybeans (edamame), etc. Also, legumes are packed with protein which aids in keeping you full longer throughout the day. If you have trouble finding time to cook your own beans try using canned instead—they're just as good for you!

VEGETABLES

Veggies are a great source of vitamins, minerals, fiber, and phytonutrients. But what counts as one serving? A serving of vegetables is:

- 1 serving equals 1 cup uncooked or 1/2 cooked

Try to include 5 servings of vegetables a day.

06 NUTS, SEEDS, OILS, AND FATS

Nuts, seeds, oils, and fats are great for supporting your overall health and keeping you full longer. They are rich in essential nutrients that play a crucial role in hormone balance and brain function.

However, it's important to choose the right types of oils to maximize their benefits.

Opt for healthy fats like:

- **Extra virgin olive oil: Packed with antioxidants and healthy monounsaturated fats, it supports heart health and reduces inflammation.**
- **Avocado oil: Rich in heart-healthy fats, it's great for cooking at high temperatures and enhances nutrient absorption.**
- **Flaxseed oil: A fantastic source of omega-3 fatty acids, which are vital for brain health and hormone regulation.**

On the flip side, limit oils that are heavily processed or high in trans fats, such as canola oil and margarine, as they can negatively impact your health.

Aim for healthy fats to comprise about one-third of your diet, focusing on quality sources that nourish your body, support hormonal balance, and boost cognitive function.

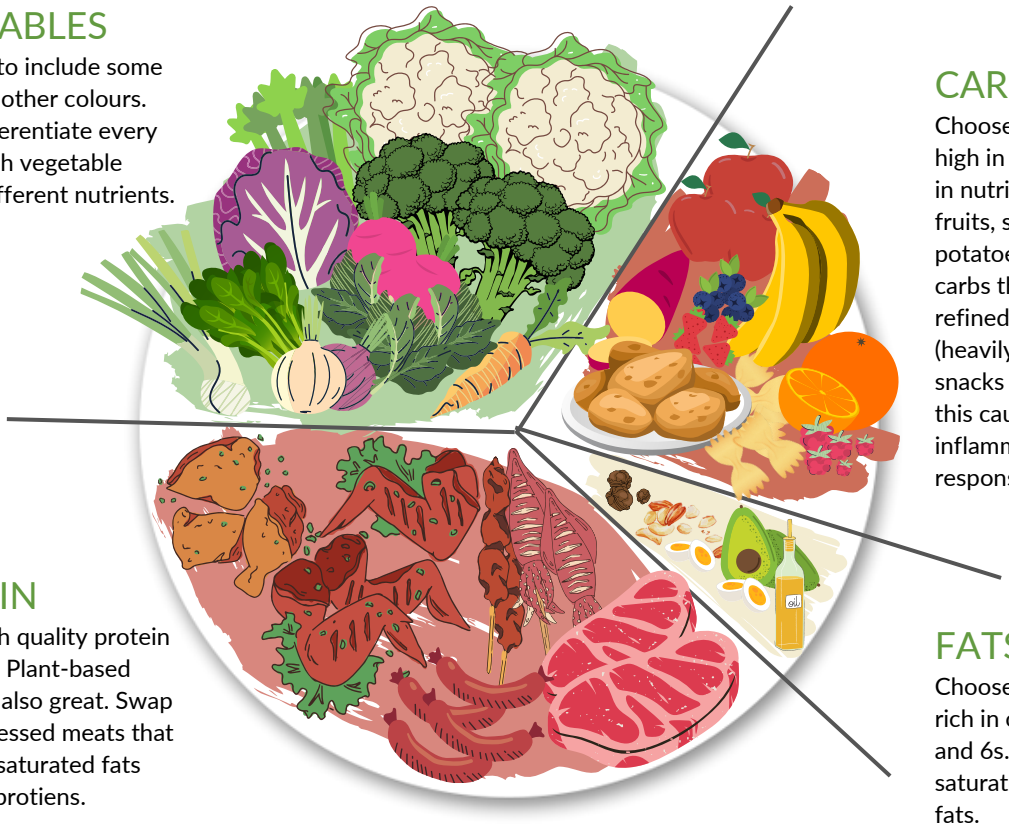


How to build A PERFECT MEAL

Now that you know the building blocks of a balanced diet, it's time to create your ideal meal! 🍽️
Picture a plate filled with vibrant vegetables, lean proteins, healthy fats, and whole grains—all essential for fueling your muscle-building journey and overall wellness. Ready to craft your balanced masterpiece? Let's make every meal a step toward a stronger, sexier you!

VEGETABLES

Make sure to include some greens and other colours. Always differentiate every meal as each vegetable provides different nutrients.



CARBS

Choose carbs that are high in fiber and rich in nutrients. such as fruits, sweet potatoes, etc. Limit carbs that are high in refined sugars (heavily processed snacks and candy) as this causes an inflammatory response in the body

PROTEIN

Choose high quality protein that is lean. Plant-based protein are also great. Swap highly processed meats that are high in saturated fats with clean protiens.

FATS

Choose fats that are rich in omega-3s and 6s. limit saturated and trans fats.

On the next page, you'll find some great food choices for each food group. You'll also find information on the calories and grams for each macronutrient (proteins, carbs and fats). This is very useful to help you understand how many calories you are consuming for mindful eating- Our personal method isnt to track calories, but it can help to understand the nutritional value and macronutrients of your food choices so you can hit you fitness goals quicker!

Macronutrients

CHEATSHEET *for Proteins*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
☐ Chicken Breast	165	31g	0g	3.6g	0g
☐ Chicken thigh	214	23g	0.1g	14g	0g
☐ Chicken drumstick	220	24g	0.1g	13g	0g
☐ Pork medallion	238	26g	0g	16g	0g
☐ Beef filet	291	26g	0g	20g	0g
☐ Lamb chop	305	28g	0g	21g	0g
☐ Turkey breast	147	30g	0g	2g	0g
☐ Veal	231	30g	0g	11g	0g
☐ Beef sausage	405	16g	0g	38g	0g
☐ Pork sausage	325	19g	1.4g	27g	0g
☐ Tofu	83	10g	1.2g	5.3g	0g
☐ Seitan	126	25g	5.3g	0.6g	0.3g
☐ Tempeh	195	20g	7.6g	11g	9g
☐ Edamame	121	12g	9g	5.2g	5.2g
☐ Hempseed	553	32g	8.7g	49g	4g
☐ Salmon	206	22g	0g	12g	0g
☐ COD	105	23g	0g	0.9g	0g
☐ Canned tuna	128	24g	0g	3g	0g
☐ Shrimp	119	23g	1.5g	1.7g	0g
☐ Pollock	118	25g	0g	1.3g	0g

**KCALS - calories
**All values are per 100g of the product unless specified otherwise in the 'food' column
** Values are for cooked food

Macronutrients

CHEATSHEET *for Carbohydrates*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
☐ White rice	130	2.7g	28g	0.3g	0.4g
☐ Brown rice	112	2.3g	24g	0.8g	1.8g
☐ White pasta	158	5.8g	31g	0.9g	1.8g
☐ Whole-wheat pasta	149	6g	30g	1.7g	3.9g
☐ Gluten-free pasta	126	2.6g	28g	0.7g	4.8g
☐ Couscous	112	3.8g	23g	0.2g	1.4g
☐ Quinoa	120	4.4g	21g	1.9g	2.8g
☐ White potatoes	93	2.5	21g	0.1g	2.2g
☐ Sweet potatoes	90	2g	21g	0.1g	3.3g
☐ White slice of bread	98	3.3g	18g	1.2g	1g
☐ Wholegrain slice	81	4g	14g	1.1g	1.9g
☐ Popcorn	557	7.5	55g	34g	10g
☐ Apple	52	0.3g	14g	0.2g	2.4g
☐ Orange	49	0.9g	13g	0.1g	2.2g
☐ Grapefruit	42	0.8g	11g	0.1g	1.6g
☐ Banana	89	1.1g	23g	0.3g	2.6g
☐ Red grapes	69	0.7g	18g	0.2g	0.9g
☐ Green grapes	69	0.7g	18g	0.2g	0.9g
☐ Peach	39	0.9g	9.5g	0.3g	1.5g
☐ Strawberries	32	0.7g	7.7g	0.3g	2g
☐ Blueberries	57	0.7g	14g	0.3g	2.4g
☐ Raspberries	52	1.2g	12g	0.7g	6.5g

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Macronutrients

CHEATSHEET *for Vegetables*

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
☐ Broccoli	35	2.4g	7.2g	0.4g	3.3g
☐ Tomatoes	18	0.9g	3.9g	0.2g	1.2g
☐ Carrots	35	0.8g	8.2g	0.2g	3g
☐ Onions	44	1.4g	10g	0.2g	1.4g
☐ White mushrooms	28	2.2g	5.3g	0.5g	2.2g
☐ Chestnut mushrooms	22	2.5g	4.3g	0.1g	0.6g
☐ Lettuce	17	1.2g	2.3g	0.3g	2.1g
☐ Cauliflower	23	1.8g	4.1g	0.5g	2.3g
☐ Brussels sprouts	36	2.6g	7.1g	0.5g	2.6g
☐ Sweetcorn	96	3.4g	21g	1.5g	2.4g
☐ Peas	84	5.4g	16g	0.2g	5.5g
☐ Green beans	35	1.9g	7.9g	0.3g	3.2g
☐ Eggplant/ Aubergine	35	0.8g	8.7g	0.2g	2.5g
☐ Spinach	23	3g	3.8g	0.3g	2.4g
☐ Kale	28	1.9g	5.6g	0.4g	2g
☐ Red bell pepper	28	0.9g	6.7g	0.2g	1.2g
☐ Yellow bell pepper	27	1g	6.3g	0.2g	1.1g
☐ Green bell pepper	28	0.9g	6.7g	0.2g	1.2g
☐ Leeks	31	0.8g	7.6g	0.2g	1g

**KCALS - calories
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** Values are for cooked food

Macronutrients

CHEATSHEET *for Fats & Dairy*

FATS

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
Avocadoes	160	2g	8.5g	15g	6.7g
Eggs	143	13g	0.7g	9.5g	0g
Almonds	598	21g	21g	53g	11g
Hazelnuts	646	15g	18g	62g	9.4g
Brazil nuts	659	14g	12g	67g	7.5g
Peanuts	587	24g	21g	50g	8.4g
Pistachios	569	21g	28g	46g	10g
Cashews	574	15g	33g	46g	34g
Chia seeds	486	17g	42g	31g	34g
Olive oil (1 Tsp.)	119	0g	0g	14g	0g
Flaxseed oil (1 Tsp.)	120	0g	0g	14g	0g
Coconut oil (1 Tsp.)	121	0g	0g	13g	0g

DAIRY

FOOD	KCALS	PROTEIN	CARBS	FATS	FIBRE
Cheddar cheese	404	23g	3.1g	33g	0g
Mozzarella	300	22g	2.2g	22g	0g
Parmesan	420	28g	14g	28g	0g
Feta cheese	264	14g	4.1g	21g	0g
Manchego	452	31g	2.2g	36g	0g
Brie	334	21g	0.5g	28g	0g
Roquefort	369	22g	2g	31g	0g
Whole milk	61	3.2g	4.8g	3.3g	0g
Semi-skimmed milk	50	3.3g	4.8g	2g	0g
Greek yogurt	63	5.3g	7g	1.3g	0g

The pefect PORTION SIZES

Achieving good nutrition goes beyond what you eat; it's also about how much you eat. Over time, we've seen portion sizes grow, which can lead to overeating. By becoming aware of this and having a simple guide for portion sizes, you can fuel your body in a healthy, balanced way. 🍽️

One effective method to manage portions is the Hand Portion Method. Instead of relying on technology, use your own hand as a measuring tool! Your hands are always with you, making them a quick and easy way to gauge portion sizes—perfect for dining out, too.

This strategy is ideal for those who prefer not to use food tracking apps. (Because lets be honest that is time consuming AF)

Ready to take the first step? Let's explore these simple techniques to start your journey toward mindful eating and building the strong, sexy body you desire!

Step 1 START WITH PROTEIN

Protein is a powerhouse nutrient essential for transporting nutrients, supporting enzyme function, and promoting tissue growth and repair. Without enough protein, you risk fatigue, weakened immunity, and slower recovery—crucial for us women focusing on hormonal health and muscle gain!

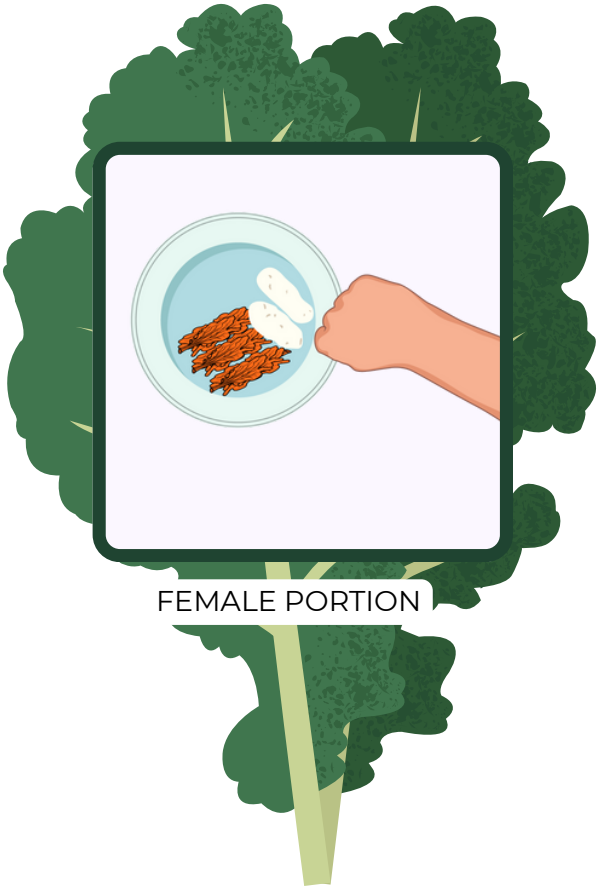
To measure your protein portions easily, hold your hand in front of your face. Aim for one to two palm-sized servings from sources like meat, fish, dairy, or plant-based options.

This technique ensures you're fueling your body with the right amount of protein to thrive!



FEMALE PORTION





FEMALE PORTION

Step 2
GET YOUR VEG ON

Let's make veggies the star of your plate! Fill half your plate with colorful vegetables—they're the foundation of a healthy diet! 🌈

Packed with vital nutrients, veggies offer unparalleled health benefits that no other food group can match. They're essential for weight loss, heart health, and optimal digestion.

Take a moment to jot down your favorite veggies, and get creative! Think of delicious meals that showcase these powerhouses and make healthy eating enjoyable. Your body will thank you!

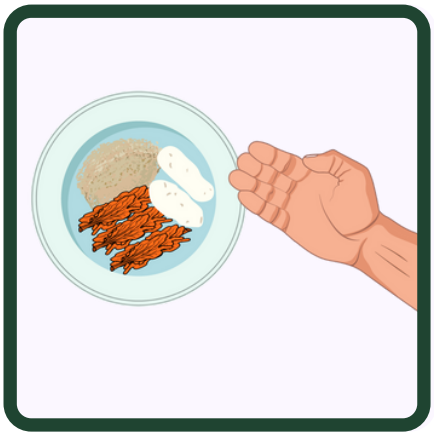
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Step 3
TIME FOR CARBS!

Let's talk carbs—your best friend when it comes to fueling your health and muscle gain! With proper portion control, carbohydrates can supercharge your energy and support your workouts.

Carbs are one of three essential macronutrients that keep your body balanced. When digested, they convert into glucose, your main energy source. Without enough carbs, you risk fatigue and irritability—definitely not what we want!

Focus on whole, nutrient-dense carbs like sweet potatoes, quinoa, and brown rice to fuel your body and support hormonal balance. Remember, carbs aren't the enemy; they're a vital ally on your journey to strength and wellness!



FEMALE PORTION

Step 4

NOURISHING YOUR BODY WITH HEALTHY FATS

Ladies, when you're crafting your meal plans, let's shine a light on the power of healthy fats! These nutritious gems, like omega-3s and monounsaturated fats, are more than just tasty additions—they're your allies in maintaining vibrant health.

Incorporating healthy fats into your meals can significantly lower your risk of heart disease and help keep cholesterol levels in check. This means they play a crucial role in preventing and managing issues like hypertension, cardiovascular disease, and diabetes—especially vital for us women as we navigate our hormonal health!

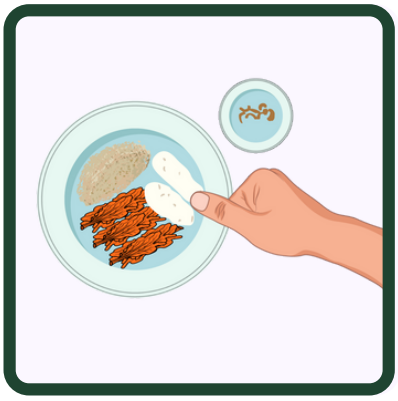
So, what should you be adding to your plate? Think of delicious sources like:

- **Nuts: A crunchy snack that satisfies.**
- **Fatty Fish: Salmon and mackerel are not only rich in omega-3s but also support brain health.**
- **Olive and Coconut Oils: Perfect for cooking or drizzling, these oils pack a flavorful punch.**
- **Avocados: Creamy and delicious, they're a must-have in your meal rotation.**

Plus, these healthy fats help keep you feeling full and satisfied, meaning you're less likely to overeat and can maintain a balanced caloric intake. 🌟

As a guideline, aim for a thumb-sized serving of healthy fats with each meal. This simple addition can elevate your dishes while nourishing your body from the inside out!

So, let's embrace the power of healthy fats and make every meal a celebration of flavor and wellness!



FEMALE PORTION



Meal planning TIPS & TRICKS

Tip 1

Take a look at the week ahead and decide which days/meals you will need to prepare. Choose ingredients that can be used in multiple dishes (e.g., roasted vegetables, grilled chicken, quinoa).

Tip 2

Plan your meals and shopping for the week ahead using a weekly meal planner and shopping list.
(Which we have provided at the end)

Tip 3

Spend a few minutes each week to plan your meals. Create a shopping list based on your plan to avoid impulse buys and food waste.

Tip 4

Prepare your meals and any other ingredients you need for the week ahead. Set aside a specific day and time for meal prep to make it a regular habit.

Tip 5

Prepared meals and ingredients should be stored in the fridge until needed. You can label containers with the meal name and date to keep track of freshness and avoid waste.

Cooking TIMELINE



1.STARCHES

Cook your grains first, such as rice or potatoes. These can be used as a base for salads or as a side dish. You will need to allow at least 20-50 minutes for this, depending on the grain and size of the batch.

2. PROTEIN



Meanwhile, you can start preparing your protein. Marinate your meat, fish, or tofu, then roast, fry, or bake them. This can take 20-60 mins depending on the protein choice.



3. VEGETABLES

Prepare your veggies by cutting, chopping, and washing them. Ideally, you should have three containers, the first for chopped vegetables you can use as snacks. The second container can hold finely chopped vegetables that can be used for sandwiches or salads. Lastly, the third container can be used for vegetables that will have to be cooked (they can also be frozen).

4. CONDIMENTS



Make any sauces, salads, or dips you have on the menu now. You can also buy these to save time. It's easy to add flavor to your meals with condiments, and they go well with both cold and warm foods.



5. FRUIT

Most fruits like berries or apples don't need to be prepped, but if you have mango or pineapple, you can cut it into pieces and store in a container.

Thank You!

LET'S STAY IN TOUCH!



COACH ROSE

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CLICK HERE to Schedule a call with me

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Thank you for downloading the Meal Prepping 101 guide! You've taken a fantastic step toward transforming your nutrition and making healthy eating a breeze. I'm thrilled to support you on this journey!

If you're ready to dive deeper and receive personalized guidance tailored to your unique goals, I invite you to book a free coaching call with me. Together, we can explore how to create a sustainable meal plan that aligns with your lifestyle and empowers you to achieve your health goals. **Click the link below to schedule your call—I can't wait to connect and help you flourish!**

Book Your Free Coaching Call Now!

LIVE AVARA

BONUS

Wellness Tracker Bundle



Live AVARA



Fitness Log

Live AVARA

MONDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

TUESDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

WEDNESDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

THURSDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

FRIDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

SATURDAY / SUNDAY

FOCUS

WARM UP

COOL DOWN

EXERCISE	WEIGHT	REPS	SETS

NOTES

DATE

Weekly
PROGRESS TRACKER

DATE

Workouts Completed

1 2 3 4 5 6

Current Weight

Energy Levels



Low Medium High

Notes for Next Week

Meal Planning

Food Log



Live AVARA

Weekly MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST

Weekly MEAL PLAN

FROM: / / TO: / /

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

SHOPPING LIST