



Fit Firm & Fabulous

A woman's guide to easy weight loss, wellness and beauty

SIMPLE MEAL PREP SYSTEM

Stress-Free Planning for Healthy Weeknight Meals



Free Printable

WELCOME

Meal prep often sounds like:

- Hours in the kitchen
- Complicated recipes
- Stacks of containers
- Sunday overwhelm

No wonder most women abandon it before they start.

This guide is different.

The Simple Meal Prep System is designed for:

- Busy women
- Real kitchens
- Real schedules
- Minimal time
- Zero perfection pressure

You'll learn a repeatable weekly rhythm that makes eating well feel organized, calm, and realistic. Not rigid.

Not time-consuming.

Just simple structure that saves energy all week.

WHY MEAL PREP MATTERS

When food decisions are made in advance:

- You save time daily
- You reduce stress
- You make steadier food choices
- You avoid last-minute takeout
- You support consistent energy

Meal prep isn't about controlling food.

It's about **removing daily decision fatigue.**

THE SIMPLE MEAL PREP FRAMEWORK

This system has **four steps**:

- 1 Choose
- 2 Shop
- 3 Prep
- 4 Assemble

Each step is intentionally small.

STEP 1

CHOOSE (15 MINUTES ONCE PER WEEK)

What to Do

Pick:

- 2 proteins
- 2 vegetables
- 1 carbohydrate
- 1 snack option

Example

Proteins:

- Chicken
- Eggs

Vegetables:

- Broccoli
- Spinach

Carbohydrate:

- Quinoa

Snack:

- Greek yogurt + berries

Why It Works

You don't need 20 recipes.

You need mix-and-match building blocks.

Reflection

Which foods feel easiest for you to repeat weekly?

STEP 2

SHOP (ONE SIMPLE LIST)

What to Do

Write your list based on your choices.

Example:

- Chicken
- Eggs
- Broccoli
- Spinach
- Quinoa
- Yogurt
- Berries
- Olive oil
- Seasonings

Why It Works

Shopping with a short list prevents overwhelm.

Reflection

How does a short list change grocery stress?

STEP 3

PREP (60–90 MINUTES ONCE PER WEEK)

What to Do

Cook:

- Bake or pan-cook proteins
- Roast or steam vegetables
- Cook grains

Wash:

- Greens
- Fruit

Store everything in containers.

Why It Works

Cooking components separately keeps meals flexible.

Reflection

Would one weekly prep session feel manageable?

STEP 3

ASSEMBLE (5 MINUTES PER MEAL)

What to Do

Build meals using your prepped foods:

- Protein + vegetables + carb
- Add seasoning or sauce
- Eat

Why It Works

Meals are fast without being repetitive.

Reflection

How much time would this save daily?

YOUR WEEKLY RHYTHM

Choose: Friday or Saturday

Shop: Saturday or Sunday

Prep: Sunday afternoon

Assemble: All week

Adjust to your schedule.

No strict rule required.

IF YOU MISS A PREP WEEK

Nothing breaks.

Use:

- Simple snacks
- Basic plate formula
- Easy grocery items

Return next week.

Consistency beats perfection.

WHAT YOU'LL NOTICE OVER TIME

- Less daily food stress
- Faster meal decisions
- Fewer takeout moments
- More balanced eating
- Time saved every day

Structure creates freedom.

NEXT STEP GO DEEPER

If you'd like done-for-you meal plans, grocery lists, and food rhythm guidance, visit the:

Nutrition & Food Tab

on your Fit Firm & Fabulous website

There you'll find:

- Clean-eating plans
- Weekly food systems
- Recipe collections
- Shopping guides

Your kitchen can feel organized – not overwhelming.

Meal prep isn't about cooking more.

It's about thinking less.

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