

# How to Meal prep for the week

## Choose a base

- rice
- quinoa
- couscous
- whole wheat pasta
- tempeh



## Add protein

- chicken breast
- ground turkey
- shrimp
- tofu
- steak
- fish

## Add toppings

- avocado
- cooked veggies
- lettuce
- cucumber
- cheese
- beans

## Add flavor

- barbeque
- balsamic vinegar
- italian dressing
- hot sauce



- **Get creative making your own meal creations with ingredients you love!**

- **Prep on Sunday to have meals ready for the week!**

- **When meal prepping it is important make each component proportionate to each other in volume!**

