

MEAL PREP

5 Ways Meal Prepping Helps You Lose Weight



1. It saves you from the takeout trap.

Meal planning nips those stubborn excuses in the bud. When you have healthy meals prepped and ready to go.

2. It saves time in the long run.

Spending a few hours in the kitchen doesn't exactly top our list of favorite ways to spend a Sunday afternoon, either, but you'll reap way more culinary rewards from that one longer chunk of time than you would by spending an hour or two cooking every evening.

3. You'll be able to snack smarter.

Meal prep doesn't always have to be about elaborate entrees. It's also an opportunity to plan nutritious nibbles to have on hand between meals, so sinister snacks don't send your progress spiraling.

4. It prevents impulse buys.

When you're not following a meal plan, you're more likely to succumb to unnecessary and unplanned additions to your grocery cart.

5. It makes portion control easy.

For those on weight-loss journeys, there's simply no avoiding the need for portion control, a simple concept that can seem virtually impossible when eating at a restaurant or preparing an individual meal.

WEEKLY MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks
M				
T				
W				
TH				
F				
SA				
SU				

Food to Prep

_____	_____	_____
_____	_____	_____
_____	_____	_____