PREPYOSELF

Heart Healthy Week One

Heart Healthy Week One

Breakfast

Recipe One



2

Cinnamon Toast Quinoa Crunch with Strawberries

Recipe Two



6

Raspberry Banana Oatmeal Muffins

Lunch

Recipe One



2

Salmon Salad Stuffed Avocado

Recipe Two



2

Smoked Paprika Chicken Quinoa Bowl

Dinner

Recipe One



2

Sauteed Pesto Chicken with Artichokes and Bell Peppers

Recipe Two



2

Asian Crispy Cabbage Rolls

Print Collection

Print Recipes

Shopping List

How to Use The Meal Plan

Welcome! This meal plan is designed to help your clients stay prepared, consistent, and on track with their nutrition goals — without feeling like they have to prep every single

meal for the entire week.

This plan is structured as a **4-day meal prep guide**, with **2 servings of each meal**:

- **Breakfast**
- **Lunch**
- **Dinner**

That means they'll have a good supply of ready-to-go meals available, while still leaving room for flexibility throughout the week for meals eaten out, social plans, family meals, or anything else that comes up.

How to Make This Plan Work for the Full Week

If you'd like to use this meal plan for the entire week, you have two easy options:

- **Double the recipes** to make more servings at once, OR
- **Prep twice during the week** and repeat the same meals

A simple schedule to follow is:

- **Prep on Sunday** for **Monday–Wednesday**
- **Prep again on Wednesday** for **Thursday–Sunday**

This helps keep meals fresh, manageable, and easier to stay on top of.

Customize It

This meal plan is meant to be a **guide**, not a rigid rulebook.

Feel free to:

- adjust serving sizes
- skip recipes you don't want to make
- use only a few meals to get started

Setting the Pace

- If you're a beginner at meal prep: Be prepared to set aside 2-3 hours. Once mise en place is complete, all of these recipes can be completed one by one.
- If you're a meal prep pro, use the sequenced steps below: These steps give you the flexibility to cook items simultaneously in a sequence of events.
- Be sure to set timers and check on food items to avoid overcooking. Sequencing will save you time and meal prep can be done in 1-2 hours.

Assembly Tips

- Evenly divide meals according to the serving size
- Let all items cool before placing them in the refrigerator
- Keep all items refrigerated under 40˚F until ready to eat or reheat

Extra Leftover Ingredients

- Protein: Freeze any uncooked meats and save for a later recipe, or you can cook the full amount, and freeze the portion that you do not eat, and save for later use.
- Fruit: Use leftover fruit in smoothies, on top of yogurt, or with your cereal
- Veggies: Freeze any leftover veggies for later use. Use leftover herbs in omelets or other dishes for the weekend

Monthly Fuel Pack **Newsletters** **Recipes** **Social Media** **Meal Plans** **Nutrition Guides**