

EAT WELL BE WELL

WEEK 5: MEAL PLANNING MADE EASY PART II- BULK MEAL PLANNING

01 “BULK” MEAL CHECKLIST & SHOPPING LIST
02 BREAKFAST
03 LUNCH/DINNER
04 SNACKS
05 SAMPLE DAYS & SUMMARY
06 ACTION ITEM CHECKLIST

01

“BULK” MEAL CHECKLIST & SHOPPING LIST



“Bulk” Meal Checklist

01 Start With The Basics

02 Overlap Ingredients

03 Know Your Macro Goals

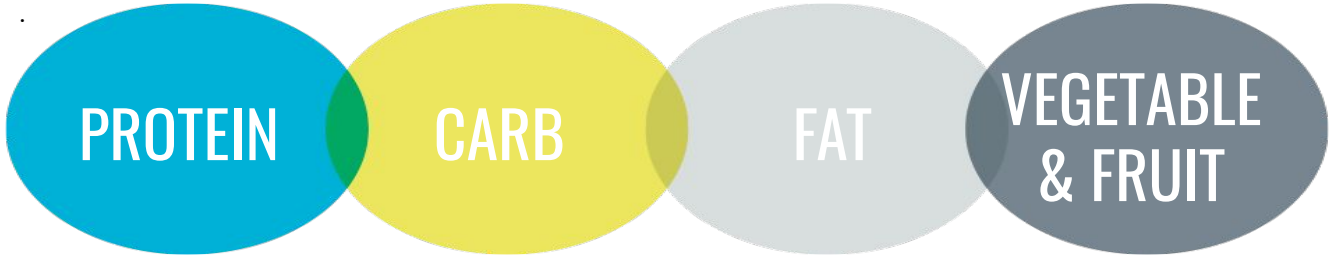
BULK MEAL PLAN
SHOPPING LIST
BREAKFAST
LUNCH/DINNER
SNACKS

Shopping List

Creating a shopping list with overlapping ingredients is a seamless way to make your bulk meal plan not only easy, but efficient.

Start off by choosing 4-5 of your “go to” foods from each macronutrient category...here’s an example of some everyday essentials I use!

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BUILD

- Eggs
- Rotisserie Chicken
- Plain Greek Yogurt
- Protein Powder
- Salmon

FUEL

- WW English Muffin
- Brown Rice
- Sweet Potato
- Oatmeal
- Corn Tortillas

PROTECT

-Natural Peanut Butter
- Almonds
- Guacamole
- Flaxseed
- Cheese

PREVENT

- Strawberries
- Apples
- Pre-mixed Kale Salad
- Pre-cut Veggies
- Steamfresh Broccoli
- Dried Cranberries



Pre-Packaged Foods Checklist

01 Read Nutrition Labels

02 Know Your Macro Goals

03 Mix and Match

Top Picks:

+ Individual Serving Containers
+ Pre-washed/Pre-cut
+ Microwavable

Top Picks for Pre-Packaged Foods



PROTEIN

-Tuna Packets (In Water)
-Rotisserie Chicken
-Deli Meats
-Shrimp Cocktail
-Hard-boiled Eggs
-Greek Yogurt Cups
-Protein Powder/Bars/Bites
-Edamame



CARBS

-Brown Rice Cups
-100% Whole Grain Pita Bread, English Muffins, Crackers
-Sweet Potatoes
-Flat-out Tortillas
-Bars
-Oatmeal packets



FAT

-Natural Peanut Butter Packets
-Nuts (i.e. Almonds, Walnuts)
-Seeds (i.e. Chia, Flaxseed, Sunflower, Pumpkin)
-String Cheese
-Hummus
-Guacamole



VEGETABLES & FRUIT

-Fresh Vegetables & Fruit
-Single Serving Frozen V/F
-Steamable Frozen V/F
-Cut Fruit Cups (In Natural or No Juice)
-Applesauce (No Added Sugar)
-Pre-Packaged Salads

Bulk Planning Checklist

1. Start with the Basics
2. Overlap Ingredients
3. Know Your Macro Goals

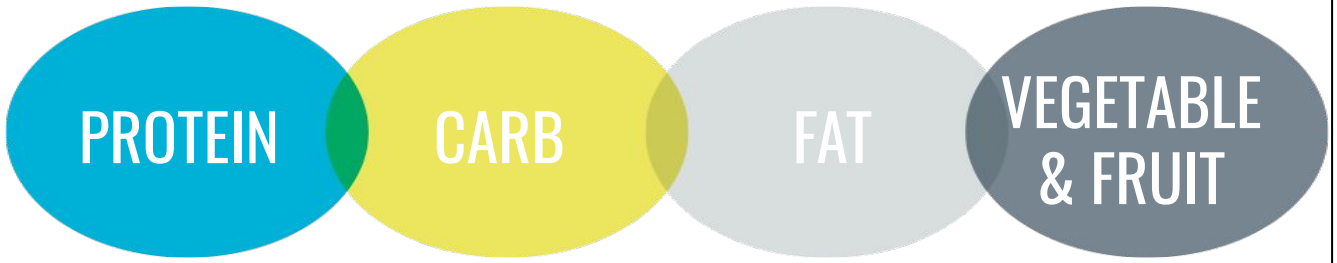
PRO TIP

UTILIZE PRE-PACKAGED FOODS

Activity: Start with the Basics!

Create your own “go-to” shopping list of 4-5 items from each macronutrient category to start off your “bulk” meal plan

.



BUILD	FUEL	PROTECT	PREVENT
1.	1.	1.	1.
2.	2.	2.	2.
3.	3.	3.	3.
4.	4.	4.	4.

02

BREAKFAST

BREAKFAST

SHOPPING LIST

BUILD
- Eggs
- Rotisserie Chicken
- Plain Greek Yogurt
- Protein Powder
- Salmon

FUEL
- WW English Muffin
- Brown Rice
- Sweet Potato
- Oatmeal
- 4” Corn Tortillas
-Peanut Butter

PROTECT
- Almonds
- Guacamole
- Flaxseed
- Cheddar Cheese
- Strawberries

PREVENT
- Apples
- Pre-mixed Kale Salad
- Pre-cut veggies
- Steamfresh Broccoli
- Dried Cranberries

Breakfast Quick Picks

Using this sample Shopping List, here’s 5 quick “bulk” meal planning options

Meal 1: Egg Sandwich	Meal 2: Breakfast Tacos	Meal 3: Yogurt Parfait	Meal 4: Power Oatmeal	Meal 5: Smoothie
1-2- Egg/s 1- English Muffin 1- slc Cheddar Cheese 1- med. Apple	2- Scrambled Eggs 2- 4” Corn Tortillas 3 T- Guacamole ½ c- Strawberries	1c- Plain Greek Yogurt -2 T- Flax Seed -½ c- Strawberries -2 T- Dried Cranberries	1 scp- Protein Powder ½ c- Oatmeal 10- Almonds 2 T- Dried Cranberries	1 scp- Protein Powder 1 T- Peanut Butter 1c- Strawberries 1- med. Apple

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APPLY IT!

With the grocery list
we created…
come up with
1 breakfast meal option

Bulk Planning Checklist

1. ~~Start with the Basics~~
2. Overlap Ingredients
3. Know Your Macro Goals

CHALLENGE: Overlap Ingredients!

Based on these sample Breakfasts, how many overlapping ingredients can you identify?

Meal 1: Egg Sandwich	Meal 2: Breakfast Tacos	Meal 3: Yogurt Parfait	Meal 4: Power Oatmeal	Meal 5: Smoothie
1-2- Egg/s 1- English Muffin 1- slc Cheddar Cheese 1- med. Apple	2- Scrambled Eggs 2- 4" Corn Tortillas 3 T- Guacamole ½ c- Strawberries	1c- Plain Greek Yogurt -2 T- Flax Seed -½ c- Strawberries -2 T- Dried Cranberries	1 scp- Protein Powder ½ c- Oatmeal 10- Almonds 2 T- Dried Cranberries	1 scp- Protein Powder 1 T- Peanut Butter 1c- Strawberries 1- med. Apple

Meal 1: Egg Sandwich	Meal 2: Breakfast Tacos	Meal 3: Yogurt Parfait	Meal 4: Power Oatmeal	Meal 5: Smoothie
1-2- Egg/s 1- English Muffin 1- slc Cheddar Cheese 1- med. Apple	2- Scrambled Eggs 2- 4" Corn Tortillas 3 T- Guacamole ½ c- Strawberries	1c- Plain Greek Yogurt -2 T- Flax Seed -½ c- Strawberries -2 T- Dried Cranberries	1 scp- Protein Powder ½ c- Oatmeal 10- Almonds 2 T- Dried Cranberries	1 scp- Protein Powder 1 T- Peanut Butter 1c- Strawberries 1- med. Apple

A. Eggs, Strawberries, Apple, Protein Powder, Dried Cranberries

Top “Bulk Prep” Recipe Picks



STEWS/SOUPS

-Make and FREEZE



CROCKPOT MEALS

-Wide variety of
-Make and FREEZE



ONE “PAN” MEALS

-All ingredients cooked in 1 dish



CASSEROLES

-Make and FREEZE

03

LUNCH/DINNER

LUNCH/DINNER

SHOPPING LIST

BUILD
- Eggs
- Rotisserie Chicken
- Plain Greek Yogurt
- Protein Powder
- Salmon

FUEL
-WW English Muffin
- Brown Rice
- Sweet Potato
- Oatmeal
- 4" Corn Tortillas

PROTECT
-Peanut Butter
- Almonds
- Guacamole
- Flaxseed
- Cheddar Cheese

PREVENT
- Strawberries
- Apples
- Pre-mixed Kale Salad
- Pre-cut veggies
- Steamfresh Broccoli
- Dried Cranberries

Lunch/Dinner Quick Picks

Using this sample Shopping List, here's 5 quick "bulk" meal planning options

Meal 1: Salmon, Rice & Sauteed Kale	Meal 2: Chicken Tacos	Meal 3: Salmon, Sweet Potato & Cheesy Broccoli	Meal 4: Salmon Salad	Meal 5: Chicken Sandwich
3oz- Salmon ⅓ c- Brown Rice 1 c- Sauteed Kale w/ 10 Slivered Almonds 1- Med. Apple	3oz- Pulled Chicken 2- 4" Corn Tortillas ⅓ c- Brown Rice 3 T- Guacamole	3oz- Salmon 1 med. Sweet Potato 1c-- Broccoli 1 slc. Cheddar Cheese* *(melted on broccoli)*	3oz- Flaked Salmon 1c- Kale Salad Mix 2 T- Dried Cranberries ½ c- Sliced Strawberries 2 T- Flaxseed	3oz- Shredded Chicken 1- WW English Muffin 3 T- Guacamole 1 ½ c- Pre-cut Veggies 1 Med. Apple

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APPLY IT!

With the grocery list we created…
each group come up with
1 lunch/dinner meal option

Bulk Planning Checklist

1. ~~Start with the Basics~~
2. ~~Overlap Ingredients~~
3. Know Your Macro Goals

CHALLENGE: Know Your Macro Goals!

How much of each below listed foods would you need to meet these lunchtime ***macro goals***?

Meal 1:
Salmon, Rice & Sauteed Kale

3oz- Salmon
⅔ c- Brown Rice
1 c- Sauteed Kale w/
10 Slivered Almonds
1- Med. Apple

.

Goal Macros:

+ 1-2 servings vegetables/fruits
+ 1 serving protein
+ 2 servings carbohydrate
+ 1 serving fat

04

SNACKS

SNACK

SHOPPING LIST

BUILD
- Eggs
- Rotisserie Chicken
- Plain Greek Yogurt
- Protein Powder
- Salmon

FUEL
- WW English Muffin
- Brown Rice
- Sweet Potato
- Oatmeal
- 4” Corn Tortillas

PROTECT
-Peanut Butter
- Almonds
- Guacamole
- Flaxseed
- Cheddar Cheese
- Strawberries

PREVENT
- Apples
- Pre-mixed Kale Salad
- Pre-cut veggies
- Steamfresh Broccoli
- Dried Cranberries

Snack Quick Picks

Using this sample Shopping List, here’s 5 quick “bulk” snack planning options

Snack 1: Eggs & Apple	Snack 2: Apple & PB	Snack 3: Yogurt Parfait	Snack 4: Power Oatmeal	Snack 5: Trail Mix
1-2- Hard Boiled Eggs 1- Med. Apple	1 T- Peanut Butter 1- Med. Apple	½ c- Greek Yogurt -2 T- Flax Seed -½ c- Strawberries	½ c- Oatmeal 1 T- Peanut Butter	10- Almonds ¼ c- Dried Cranberries

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APPLY IT!

With the grocery list
we created…
each group come up with
1 snack option



Pre-Packaged Foods Checklist

01 Read Nutrition Labels

02 Know Your Macro Goals

03 Mix and Match

Top Picks:

+ Individual Serving Containers
+ Pre-washed/Pre-cut
+ Microwavable

HOW WOULD YOU INCORPORATE THIS ITEM TO MAKE A BALANCED SNACK?



Nutrition Facts
Serving Size 1 - 1.5 oz cup (43g)
Servings Per Container 8

Amount Per Serving
Calories 250 Calories from Fat 180

	% Daily Value*
Total Fat 22g	**33%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 9g	

Calcium 2% • Iron 6%
Vitamin E 15% • Riboflavin 2%
Niacin 25%
Not a significant source of vitamin A and vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MADE FROM ROASTED **PEANUTS** AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

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Goal Snack Macronutrients:

+ 1 servings carbohydrate
+ 1 serving fruit
+ 1 serving fat

Serving Conversions

+ 1 serving of carb or protein= 25g
+ 1 serving fat= 11g

HOW WOULD YOU INCORPORATE THIS ITEM TO MAKE A BALANCED SNACK?



Nutrition Facts
Serving Size 1 - 1.5 oz cup (43g)
Servings Per Container 8

Amount Per Serving	
Calories 250	Calories from Fat 180
	% Daily Value*
Total Fat 22g	**33%**
Saturated Fat 3.5g	**17%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 3g	**12%**
Sugars 4g	
Protein 9g	

Calcium 2% • Iron 6%
Vitamin E 15% • Riboflavin 2%
Niacin 25%
Not a significant source of vitamin A and vitamin C.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: MADE FROM ROASTED **PEANUTS** AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.

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Goal Snack Macronutrients:

+ 1 servings carbohydrate
+ 1 serving fruit
+ 1 serving fat

Option 1

+ ½ Individual Peanut Butter Packet
+ 1 banana

Option 2

+ ½ Individual Peanut Butter Packet
+ ½ c oatmeal + ½ c blueberries

05

SAMPLE DAYS & SUMMARY

LUNCH/DINNER

SHOPPING LIST

BUILD
- Eggs
- Rotisserie Chicken
- Plain Greek Yogurt
- Protein Powder
- Salmon

FUEL
-WW English Muffin
- Brown Rice
- Sweet Potato
- Oatmeal
- 4” Corn Tortillas

PROTECT
-Peanut Butter
- Almonds
- Guacamole
- Flaxseed
- Cheddar Cheese

PREVENT
- Strawberries
- Apples
- Pre-mixed Kale Salad
- Pre-cut veggies
- Steamfresh Broccoli
- Dried Cranberries

Lunch/Dinner Quick Picks

Using this sample Shopping List, here’s 5 quick “bulk” meal planning options

Meal 1: Salmon, Rice & Sauteed Kale	Meal 2: Chicken Tacos	Meal 3: Salmon, Sweet Potato & Cheesy Broccoli	Meal 4: Salmon Salad	Meal 5: Chicken Sandwich
3oz- Salmon ⅓ c- Brown Rice 1 c- Sauteed Kale w/ 10 Slivered Almonds 1- Med. Apple	3oz- Pulled Chicken 2- 4” Corn Tortillas ⅓ c- Brown Rice 3 T- Guacamole	3oz- Salmon 1 med. Sweet Potato 1c-- Broccoli 1 slc. Cheddar Cheese* *(melted on broccoli)*	3oz- Flaked Salmon 1c- Kale Salad Mix 2 T- Dried Cranberries ½ c- Sliced Strawberries 2 T- Flaxseed	3oz- Shredded Chicken 1- WW English Muffin 3 T- Guacamole 1 ½ c- Pre-cut Veggies 1 Med. Apple

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APPLY IT!

With the grocery list we created…
each group come up with
1 lunch/dinner meal option

SUMMARY

01

Bulk Meal Planning

01 Start with the basics
02 Overlap ingredients
03 Know your macro goals

02

Start with the Basics

Create a shopping list that incorporates “go-to” items from each macro you commonly consume

03

Overlap Ingredients

Using your “go-to” foods as a guide, build meals that contain each macro

04

Know Your Macro Goals

Once you have you meal options set, portion out servings appropriately based on your macro goals



06

WEEKLY ACTION ITEMS & CHALLENGE

ACTION ITEM CHECKLIST & CHALLENGE ✅

+ Create a grocery list using your “top picks” for each category: fuel, build, protect and prevent.
    - Choose 4-5 of your “go to” foods in each category

+ Create a sample breakfast meal option using your “top picks” grocery list.

+ Create a snack option for the week using your “top picks” grocery list.

+ Identify one ingredient you can use to “overlap” in meals this week.
    - Example: grilled chicken can be prepped in bulk to use on salads or wraps for lunch and chicken quesadillas or stir fry for dinner

+ **Challenge Activity:** Prepare a “bulk prep” recipe and send a picture or the recipe to your coach.
    - Example: crockpot meal, soup/stew, casserole, one “pan” meal

THANKS