

FITBODIES
LIFE



10 TIPS 4 MEAL PREP SUCCESS

Your game plan for success.



Copyright 2017 Fit Bodies 4 Life LLC.. Not for copy of reproduction



TIPS FOR PREP SUCCESS

If you have a trusted system for making healthy food available, you don't have to decide to eat well...

If healthy food is around you & convenient, you're more likely to eat it.

you just show up and do it. That is what food prep is all about and I am going to share the FitBodies4Life™ approach that guarantees success!

DON'T JUST EAT –
EAT FOR LIFE!

www.fitbodies4life.fit



1 PLAN & MAKE TIME

Plan your meals ahead and make time to prepare them.

Sunday works the best for most people for obvious reasons—it's closest to Monday to keep your food fresh throughout the week, and it's a weekend so you have time off. Even if you don't have much time on Sunday (you'll need 2-3 hours), just getting the shopping or prepping out of the way will still save you time during the week.



2 THE RIGHT TOOLS

Be prepared with the right tools.

- Digital Scale - Weigh everything after it is cooked except oatmeal.
- Crockpot - Cook meats in bulk. I use mine while I sleep.
- Rice Cooker - Makes perfect rice with no attention needed.
- Nu Wave or Power Pressure Cooker - Both of these are great to prepare meals fast.
- Package up your meals in plastic containers, plastic bags, mason jars.



3 LET'S GET CHOPPING

Chop and prepare all vegetables and fruits – even if you are not using them all in the food prep recipes. Get them washed and chopped in baggies when you bring them home so they are easy to grab and use.



4 BULK PREP

Prepare meats in bulk and freeze if needed. Cook the chicken/turkey, measure and have in containers. A meal is easier to prepare this way when proteins are already cooked, just grab a veggie and a potato.





TIPS FOR PREP SUCCESS

ABOUT US

FIT BODIES4 LIFE
founder Kim Lipe and her amazing team are on a mission to help you find your best self, not just in the short term, but for life.

If you are like 90% of women you have tried programs, been on diets, bought expensive equipment but did not stick with it and ended up back where you started! Out of shape. Well don't be discouraged I have been there too! I will be 55 in May 2017 and I am in the best shape of my life. I feel better now about my body than I have in years! I have even competed in Figure and Bikini Competitions and was featured in March 2011 *Oxygen* women's fitness magazine. None of this would of ever happened if I didn't have the mindset to change.

Are you ready to be
FIT4LIFE?



Kim Lipe

www.fitbodies4life.fit

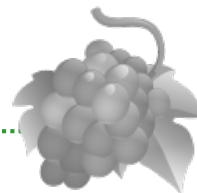
5 EASY VEGGIES

I prefer fresh veggies, but I keep on hand a big bag of mixed frozen veggies or stir fry veggies, then when I am in a hurry, I can grab them and add to my protein to complete my meal.



6 LET'S SNACK

Prepare snacks for the week. Example - hard boiled eggs/ cheese sticks and grapes/ almond butter and apple/ yogurt and fruit. When you have things ready to snack on and you plan your snacks this will help you from grabbing unhealthy options.



7 MASON JARS

Use Mason Jars to prepare salads (Quick tip, to keep lettuce fresh and crisp is add wet a paper towel with ice cold water and add to the top before you seal the jar.) Prepare overnight oat recipes for breakfast in mason jars. They are easy to grab and go when you are in a hurry in the morning.



8 CHANGE IT UP

Change it up - Use different sauces with the same meats. Example chicken - You can add a low sugar BBQ sauce, or a low sodium teriyaki sauce/ or coconut aminos to change up the meal.



9 MY NAME IS...

Label each meal before you put it in the freezer or refrigerator so you know when to eat that meal. I use meal #1 - #6 for my labels. Or you can use Breakfast, Snack #1, Lunch, Snack #2, Dinner, Snack #3.



10 BE PORTABLE

Have an insulated cooler and gel packs available to take with you when you leave the house. Keep plastic forks, napkins and items packed in cooler at all times. Take meals that you need for the duration of your trip. Stop at any gas station and go in and buy a water so you can use their microwave to your heat meal.





DISCLAIMER

© 2017 Fit Bodies 4 Life LLC. All Rights Reserved.

The unauthorized reproduction or distribution of this copyrighted work is illegal. Criminal copyright infringement, including infringement without monetary gain, is investigated by the FBI and is punishable by up to five years in federal prison and a fine of up to \$250,000.

Fit Bodies 4 Life LLC. Nutrition Plan

The Recipes provided herein contain ingredients that may cause allergic reaction in some individuals. These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician. If you would like advice on how to replace certain ingredients feel free to email us. kimlpe@gmail.com

Disclaimer: By purchasing this program, you accept and are bound by these terms and conditions without limitation, qualification or change. You represent that you have read and agreed to these terms and conditions at all times while using this program. Any application of the recommendations set forth in this program from, Fit Bodies 4 Life LLC. or in any personal consultation by phone, email, in person, or otherwise, is at the reader's discretion and sole risk. The information offered is intended for people in good health. Anyone with medical problems of any nature should see and consult a doctor before starting any diet or exercise program. Even if you have no known health problems, it is advisable to consult your doctor(s) before making major changes in your lifestyle. The material contained in the Fit Bodies 4 Life LLC Nutrition Plan, is provided for educational and informational purposes only and is not intended as medical advice. The information contained on this program should not be used to diagnose or treat any illness. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. This information on this website has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease, metabolic disorder or health problems. We cannot and do not give you medical advice. You should seek prompt medical care for any specific health issues and consult your physician before purchasing any product(s). We do not recommend the self management of health problems. Information obtained by using our services is not exhaustive and does not cover all diseases, ailments, physical conditions or their treatment. By purchasing this program you agree that you will consult your doctor, physician or health care provider before beginning the nutrition or exercise program or taking into practice any and all tips from the website. Use of the programs, advice, and information contained in this website and program, Fit Bodies 4 Life LLC, is at the sole choice and risk of the reader. You understand and agree that you will indemnify, defend and hold us and our affiliates harmless from any liability, loss, claim and expense, including reasonable attorney's fees, arising from your use of our website and program, or your violation of these terms and conditions.

Author's Disclaimer

The authors of The Fit Bodies 4 Life LLC Plan are not doctors. The advice the authors provide herein, is based on years of practical application, dealing with the needs of their own health and physique as well as the needs of others. Any recommendations the authors may make to you regarding diet, including, supplements and herbal or nutritional treatments must be discussed between you and your doctor(s) to ensure protection for client and Fit Bodies 4 Life LLC.

