

PLUS FOOD
LISTS FOR
EASY
SWAPPING



THE ULTIMATE MEAL PREPPING GUIDE 101



FitSparkFitness.com

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Final thoughts on what we've covered.



WELCOME TO THE GUIDE

We are so excited to have you on this journey towards achieving a healthier you! Whether you are a busy professional, a student, a parent, or simply someone looking to simplify their mealtime routine, this guide is designed to provide you with valuable insights, tips, and strategies to help you master the art of meal prepping efficiently.

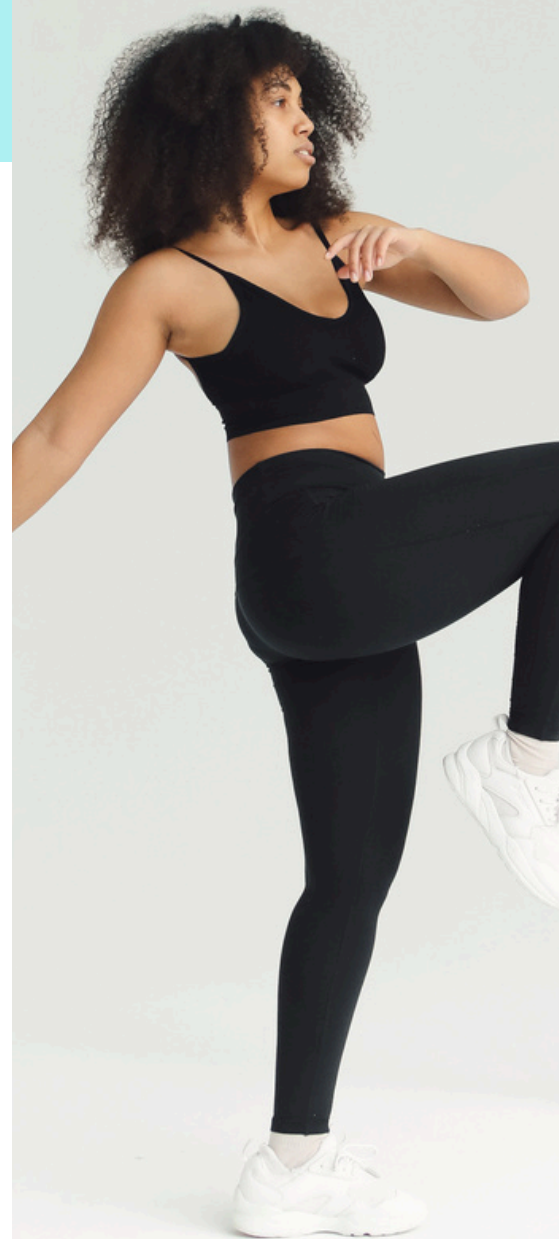
In today's fast-paced world, finding the time to prepare nutritious meals can often be a challenge. However, with the right knowledge and planning, you can take control of your diet, save time, and enjoy the benefits of delicious and healthy meals throughout the week. This eBook will serve as your comprehensive resource, guiding you through every step of the meal prepping process, from planning and shopping to cooking and storing.

Let's start meal prepping efficiently together!

FitSpark LLC



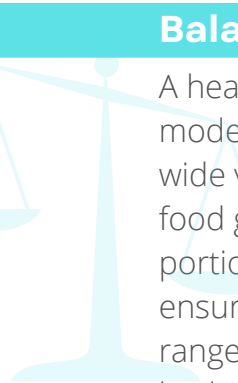
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WHAT IS A HEALTHY DIET

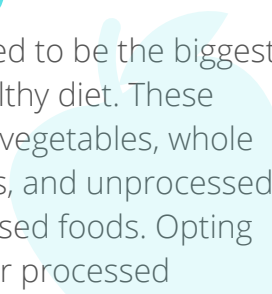
A healthy diet is a cornerstone of overall well-being and plays a crucial role in maintaining optimal health. It encompasses the consumption of nutritious foods that provide essential nutrients, vitamins, and minerals while supporting proper bodily functions. In this section, we will delve into the key principles of a healthy diet and guide you towards making informed food choices.

Balance and Moderation:



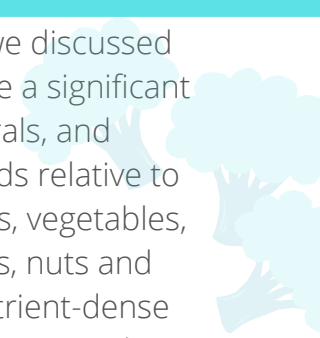
A healthy diet is all about balance and moderation. It involves incorporating a wide variety of foods from different food groups while being mindful of portion sizes. Balancing your meals ensures that you obtain a diverse range of nutrients necessary for your body's proper functioning. It is essential to include carbohydrates, proteins, healthy fats, vitamins, and minerals in your diet while avoiding excessive consumption of any particular food or nutrient.

Whole Foods:



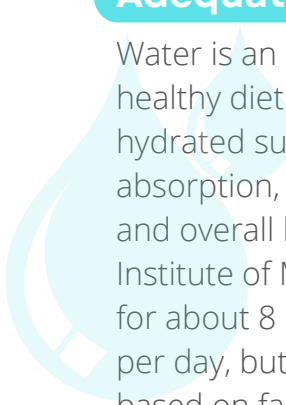
These are considered to be the biggest foundation of a healthy diet. These include fresh fruits, vegetables, whole grains, lean proteins, and unprocessed or minimally processed foods. Opting for whole foods over processed alternatives promotes better overall health and reduces the risk of chronic diseases.

Nutrient Density:



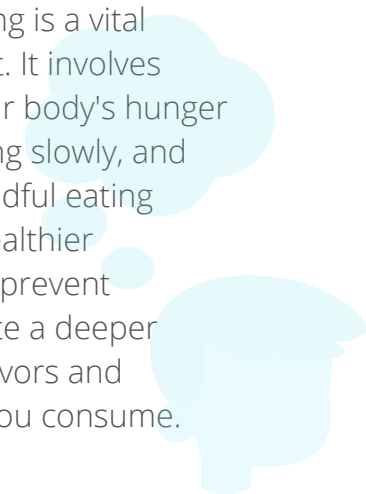
Nutrient-dense foods as we discussed under whole foods provide a significant amount of vitamins, minerals, and other beneficial compounds relative to their calorie content. Fruits, vegetables, lean proteins, whole grains, nuts and seeds are examples of nutrient-dense foods. These choices help ensure that your body receives the essential nutrients it needs without excessive caloric intake.

Adequate Hydration:



Water is an essential component of a healthy diet. Staying adequately hydrated supports digestion, nutrient absorption, temperature regulation, and overall bodily functions. The Institute of Medicine suggests aiming for about 8 cups (64 ounces) of water per day, but individual needs may vary based on factors such as activity level and climate.

Mindful Eating:



Practicing mindful eating is a vital aspect of a healthy diet. It involves paying attention to your body's hunger and fullness cues, eating slowly, and savoring each bite. Mindful eating helps you develop a healthier relationship with food, prevent overeating, and cultivate a deeper appreciation for the flavors and textures of the foods you consume.



GRAINS

Grains are a fundamental component of a healthy diet, providing us with essential carbohydrates, fiber, vitamins, and minerals. Whole grains, such as whole wheat, oats, quinoa, and brown rice, are particularly beneficial due to their high fiber content and slower digestion rate, which helps regulate blood sugar levels and promotes satiety. When meal prepping, consider including whole grain options as the base for your meals, such as whole grain bread, pasta, or couscous.

FRUIT

Fruits are nature's sweet treats and are packed with vital nutrients, antioxidants, and fiber. They provide essential vitamins and minerals while satisfying your cravings for something naturally sweet. When selecting fruits, opt for a variety of colors to ensure a diverse nutrient profile. Berries, citrus fruits, apples, and bananas are excellent choices for their nutritional content and versatility.



BEANS & LEGUMES

Beans and legumes are plant-based powerhouses that offer a wealth of nutrients, including fiber, protein, complex carbohydrates, vitamins, and minerals.



They are an excellent source of plant-based protein, making them an ideal choice for vegetarians and vegans. Incorporating beans and legumes into your meal prepping routine adds texture, flavour, and versatility to your meals.

VEGETABLES

Vegetables are an essential part of a healthy diet, providing a wide range of vitamins, minerals, and antioxidants while being low in calories. They offer various health benefits, including improved digestion, reduced risk of chronic diseases, and greater overall health. Include a colourful array of vegetables in your meal prepping to get a diverse range of nutrients.



MEAT, SEAFOOD & POULTRY

Meat, seafood, and poultry are rich sources of high-quality protein, which is crucial for muscle repair, growth, and overall body functioning. Additionally, they provide important vitamins and minerals like iron, zinc, and vitamin B12. Fish, such as salmon, trout, and tuna, are excellent sources of omega-3 fatty acids, which contribute to heart health. Include a variety of lean meats, seafood, and poultry in your meal prepping to ensure a well-rounded diet.





NUTS, SEEDS, OILS & FATS

Nuts, seeds, oils, and fats are vital elements of a healthy diet, providing essential nutrients, flavor, and satiety to meals. In this section, we will explore why these components are needed and how you can incorporate them into your meal prepping routine.



Nuts and seeds are nutrient powerhouses packed with healthy fats, protein, fiber, vitamins, minerals, and antioxidants. They offer a range of health benefits, including supporting heart health, reducing inflammation, and promoting healthy brain function. Almonds, walnuts, chia seeds, flaxseeds, and pumpkin seeds are just a few examples of nutrient-dense options.



Incorporate nuts and seeds into your meal prepping by adding them to salads, yogurt, smoothies, or homemade energy bars. They can also be crushed and used as a coating for proteins or as a topping for roasted vegetables. Remember to enjoy them in moderation as they are calorie-dense.



Healthy oils and fats are essential for the absorption of fat-soluble vitamins (such as vitamins A, D, E, and K), providing energy, maintaining healthy skin, and supporting brain function. Opt for unsaturated fats, including monounsaturated and polyunsaturated fats, as they are considered heart-healthy. Olive oil, avocado oil, coconut oil, and nut oils are great options.

BUILDING THE PERFECT MEAL

Building a perfect meal involves creating a well-balanced plate that provides the necessary nutrients, flavors, and satisfaction. In this section, we will guide you through the key components to consider when constructing your meals during the meal prepping process.

PROTEIN

Protein is an essential macronutrient that plays a crucial role in building and repairing tissues, supporting immune function, and regulating various bodily processes. Aim to add 1-2 palms to your plate.

CARBS

Complex carbohydrates like whole grains and starchy vegetables provide essential nutrients and sustained energy. Aim to add 1-2 cupped hands to your plate.



VEGETABLES

Vegetables are rich in fiber, vitamins, minerals, and antioxidants. They provide essential nutrients while adding vibrant colors, textures, and flavors to your meals. Aim to add 1-2 fists of vegetables to your plate.

FATS

Healthy fats are important for various bodily functions. Aim to add 1-2 thumbs worth to your plate.

MACRO CHEATSHEET FOR PROTEIN

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Chicken Breast	165	31g	0g	3.6g	0g
Beef Rump Steak	250	26g	0g	17g	0g
Beef Mince	250	20g	0g	18g	0g
Turkey Mince	189	19g	0g	12g	0g
Egg Whites	52	11g	0.6g	0.2g	0g
Whole Egg	143	13g	1g	10g	0g
Canned Tuna	116	26g	0g	0.7g	0g
Snapper	105	20g	0g	2g	0g
Greek Yoghurt	59	10g	4g	0g	0g
Cottage Cheese	81	11g	3g	2g	0g
Pink Lentils	353	26g	60g	1.5g	11g
Kidney Beans	127	8.7g	22g	0.5g	6.4g
Atlantic Salmon	206	22g	0g	13g	0g
Shortcut Bacon	542	34g	0.6g	44g	0g
Pork Mince	143	19g	0g	7g	0g
Full-Fat Milk	61	3.3g	4.8g	3.4g	0g
Edamame	121	11g	10g	5g	5g
Whey Protein	408	76g	7g	7g	0g
Chicken Thigh	209	19g	0g	15g	0g
Soy Beans	147	12g	9g	6g	6g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR CARBOHYDRATES

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Sweet Potato	86	1.6g	20.1g	0.1g	3g
White Potato	77	2g	17.5g	0.1g	2.2g
Brown Rice	111	2.6g	23.5g	0.9g	1.8g
White Rice	130	2.4g	28.7g	0.2g	0.4g
Quinoa	120	4.4g	21.3g	1.9g	2.8g
Wholemeal Pasta	131	5.8g	24.9g	1.4g	3.7g
Rolled Oats	379	13.1g	67.7g	6.5g	9.4g
Wholemeal Bread	247	10.4g	47.9g	2.7g	6.4g
Rice Noodles	96	2.2g	22.8g	0.4g	1.6g
Bagel	289	11g	58.1g	1.3g	2.5g
Bran	246	15.6g	64.5g	3.3g	10.5g
Muesli	441	10.1g	67.6g	13.9g	9.6g
Rice Bubbles	381	6g	85.7g	0.4g	0.9g
Banana	96	1.1g	22g	0.2g	2.6g
Apple	52	0.3g	14g	0.2g	2.4g
Grapes	69	0.7g	17g	0.2g	0.9g
Pineapple	50	0.5g	13g	0.1g	1.4g
Orange	43	0.8g	9g	0.2g	2.3g
Honey	304	0.3g	82.4g	0g	0.2g
Jam	278	0.2g	68g	0.1g	1g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR FATS

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Avocado	160	2g	9g	15g	7g
Almonds	579	21g	22g	49g	12g
Chia Seeds	486	16g	42g	31g	34g
Coconut	354	3.3g	15g	33g	9g
Olive Oil	884	0g	0g	100g	0g
Walnuts	654	15g	14g	65g	7g
Flaxseeds	534	18g	29g	42g	27g
Peanut Butter	588	25g	21g	50g	7g
Dark Chocolate	604	7.8g	24g	43g	11g
Greek Yogurt	97	9.5g	3.5g	5g	0g
Macadamia Nuts	718	7.9g	13.8g	75.8g	8.6g
Salmon	206	22g	0g	13g	0g
Hemp Seeds	553	31.6g	10.9g	48.8g	4g
Almond Butter	614	18.6g	19g	55.5g	11g
Cashews	553	18.2g	30.2g	43.9g	3.3g
Pecans	691	9.2g	13.9g	71g	9.6g
Sunflower Seeds	584	20.8g	20g	51g	8.6g
Brazil Nuts	656	14.3g	11.7g	66g	7.5g
Ghee	900	0g	0g	100g	0g
Avocado Oil	884	0g	0g	100g	0g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

MACRO CHEATSHEET FOR VEGETABLES

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Broccoli	34	2.8g	6.6g	0.4g	2.6g
Carrots	41	0.9g	9.6g	0.2g	2.8g
Spinach	23	2.9g	3.6g	0.4g	2.2g
Bell peppers	31	1g	6g	0.3g	2.1g
Tomatoes	18	0.9g	3.9g	0.2g	1.2g
Cabbage	25	1.3g	5.8g	0.1g	2.5g
Cauliflower	25	1.9g	5g	0.3g	2g
Green beans	31	1.8g	7.1g	0.2g	3.4g
Kale	49	4.3g	8.8g	0.9g	3.6g
Zucchini	17	1.2g	3.1g	0.3g	1g
Eggplant	25	1g	5.9g	0.2g	3g
Sweet potatoes	86	1.6g	20.1g	0.1g	3g
Brussels sprouts	43	3.4g	8.3g	0.3g	3.8g
Asparagus	20	2.2g	3.7g	0.2g	2g
Celery	16	0.7g	3g	0.2g	1.6g
Cucumbers	15	0.6g	3.6g	0.1g	0.5g
Mushrooms	22	3.1g	3.3g	0.3g	1g
Onions	40	1.1g	9.3g	0.1g	1.7g
Peas	81	5.4g	14.5g	0.4g	5.1g
Corn	96	3.4g	21g	1.5g	2.4g

*All amounts are based on 100g

*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

THE ULTIMATE GUIDE TO PORTION SIZING

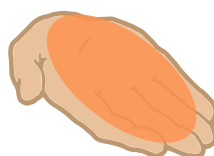
Maintaining a balanced and healthy diet relies on effective portion control. While using measuring tools like scales and cups can be helpful, using your hands as a guide offers a practical and convenient way to estimate portion sizes.



A portion of protein
= 1 palm



A portion of
vegetables = 1 fist



A portion of carbs
= 1 cupped hand



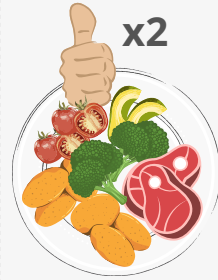
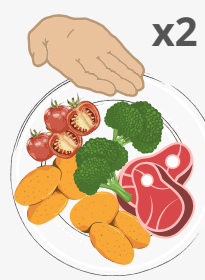
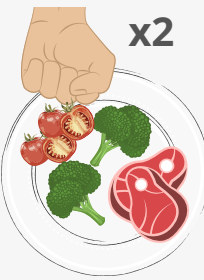
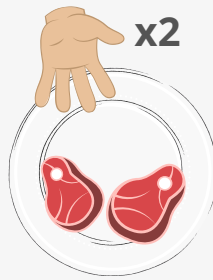
A portion of fats
= 1 thumb

For moderately active individuals, consuming 1-2 portions from each food group per meal is generally sufficient for weight maintenance and overall health improvement. However, it's important to note that there is considerable room for variation based on individual needs and preferences. To provide some examples, here are customized plate ideas for three meals per day:

	PROTEIN	VEGETABLES	CARBS	FATS
LOWER ENERGY NEEDS	E.g. meat, fish, eggs, cottage cheese, Greek yoghurt, tofu	E.g. broccoli, lettuce, spinach, carrots, tomatoes, cabbage	E.g. brown rice, potatoes, beans, fruit, bread	E.g. oil, butter, nuts, nut butters, seeds
Minimal activity: No exercise and less than 6000 steps/day				
Based on each meal, 3 times a day				

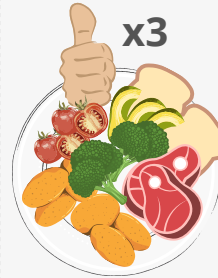
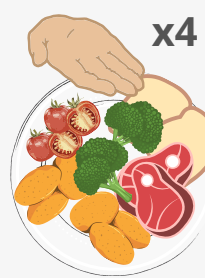
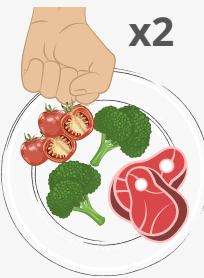
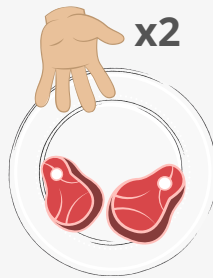
Moderate activity: 3-4 workouts/ week, 6000 - 10,000 steps/day

Based on
each meal, 3
times a day



High activity: 6-7 workouts/ week, 10,000 - 15,000 steps/day

Based on
each meal, 3
times a day



**HIGHER ENERGY
NEEDS**

* These are just a rough guide and are only to be used as examples as every person requires a different amount of energy/food depending on their body.

**IF YOU NEED MORE FOOD ON YOUR
PLATE BECAUSE YOU'RE...**

- ☐ Not feeling satisfied at meals
- ☐ Eating fewer meals through the day
- ☐ Not getting muscle-gain results

THEN START BY ADDING...

+ 1 cupped handful of carbs
and/or

+ 1 thumb of fat

...to 2-3 meals each day.



**IF YOU NEED LESS FOOD ON YOUR
PLATE BECAUSE YOU'RE...**

- ☐ Feeling too full at meals
- ☐ Eating more meals through the day
- ☐ Not losing the weight you'd like

THEN START BY REMOVING...

- 1 cupped handful of carbs
and/or

- 1 thumb of fat

...to 2-3 meals each day.



CALCULATING YOUR CALORIE & MACROS

Determining the precise amount of food (energy) required for individuals to achieve their goals of fat loss, muscle building, or weight maintenance varies from person to person. In the following sections, we will establish the specific quantity that suits your needs.

Find Your BMR (Basal Metabolic Rate)

This refers to the minimum amount of energy or calories that the body requires to function properly while at rest. In other words, it is the number of calories needed to maintain basic bodily functions such as breathing, circulation, and organ function.

Male

$$(10 \times \text{___ kg}) + (6.25 \times \text{___ cm}) - (5 \times \text{___ age}) + 5 = \text{___ calories}$$

Female

$$(10 \times \text{___ kg}) + (6.25 \times \text{___ cm}) - (5 \times \text{___ age}) - 161 = \text{___ calories}$$

For example, a male who weighs 70kg, is 170cm in height and is 25 years old would have a BMR of 1642 calories.

Find Your TDEE (Total Daily Energy Expenditure)

This refers to the total number of calories that an individual burns in a day, including the calories burned during daily activities and exercise.

TDEE takes into account an individual's Basal Metabolic Rate (BMR), as well as the calories burned through physical activity and the thermic effect of food (the energy required to digest and process food).

-  1.2 Sedentary (Little-no exercise)
-  1.35 Lightly Active (1-3 days of exercise/ week)
-  1.55 Moderately Active (3-5 days of exercise per week)
-  1.75 Very Active (6-7 days of exercise per week)
-  2 Extremely Active (7 days of very hard exercise or physical job)

$$\text{BMR} \text{ ___ } \times \text{Activity Level} = \text{___ calories}$$

For example, a male who has a BMR of 1642 calories and activity level of 1.55 would have a TDEE of 2545 calories.

Set Your Goal

Once you have calculated your TDEE, you can set your calorie goal by either subtracting, adding or maintaining calories from your TDEE.

For example, a male who has a TDEE of 2545 calories and wants to aim to lose 500 grams of fat per week would need to set their calories at starting point of 2045 calories.

Work Out Your Macronutrient Amounts

Macronutrients, also known as "macros," are the three essential nutrients that provide energy and are required in large amounts in the human diet.

PROTEIN

Proteins are essential for building and repairing tissues in the body, including muscle, bone, and skin. Proteins provide 4 calories per gram. The amount of protein a person needs can vary depending on their age, sex, weight, physical activity level, and other factors. For example, athletes, bodybuilders, and people who are trying to lose weight or gain muscle may need more protein to support their goals. Recommended intake should be around 1.5-2g per kilogram of body weight.

For example, a person who weighs 70kg, is training consistently and is aiming for fat loss would be ideal to consume 140g of protein daily, which is 560 calories.

FAT

Fats are also a source of energy for the body, but they are also important for many other functions, including hormone production, insulation of organs, and nutrient absorption. Fats provide 9 calories per gram. Similar to protein, the recommended daily intake of fat can vary depending on several factors, including age, sex, weight, and physical activity level. The Institute of Medicine suggests that adults should aim to get between 20% and 35% of their daily calorie intake from fat.

For example, for a person following a 2045 calorie diet, they should aim to consume 30% (614) fat daily, which is 5526 calories.

CARBOHYDRATES

Carbohydrates are the primary source of energy for the body and provide 4 calories per gram. The number of carbohydrates needed should make up 45-65% of your diet, otherwise can be made up with the remaining amount of calories after protein and fat has been considered.

For example, for a male following a 2045 calorie diet you do the sum: 2045 calories - (calories from protein 560 + calories from fat 614) = 871 calories (218g) allocated for carbs daily.

PERFECTING YOUR MEAL PLANNING

Streamlining your meal planning process can significantly simplify your routine. To help you achieve this, here's a step-by-step guide on how to optimize your meal planning journey:



SET YOUR GOALS

Begin by setting clear goals for your meal prepping efforts. Are you looking to save time during the week? Eat healthier? Stick to a specific dietary plan? By defining your needs, you can tailor your meal prepping approach accordingly. Start by writing out your goals on a piece of paper

Tip: If you went with the more advanced method of calculating your calories and macronutrients, you can include these in your goal writing process.

DETERMINE YOUR MEALS

Consider your schedule and eating habits to determine the number of meals you want to prep in advance. This could include breakfasts, lunches, dinners, and snacks. Start with prepping a few meals initially and gradually increase the number as you become more comfortable with the process.



GET YOUR CONTAINERS

Invest in good-quality food containers that are suitable for meal prepping. Opt for containers that are microwave-safe, leak-proof, and stackable. Having containers of various sizes will allow you to portion meals appropriately and store different types of dishes effectively.

PREPPING SUPPLIES

Dedicate a specific area in your kitchen for your meal prepping activities. Keep your pantry well-stocked with staple ingredients and spices that you frequently use. Organize your meal prepping supplies, such as measuring cups, cutting boards, knives, and other utensils, in a convenient and easily accessible manner.



CREATE A SCHEDULE

Take time each week to plan your meals in advance. Consider your dietary preferences, nutritional needs, and any specific recipes you want to try. Once your meal plan is ready, create a schedule for your meal prepping activities. This can be a designated day or time when you'll dedicate to grocery shopping, cooking, and assembling meals.

UTILISE BATCH COOKING

Batch cooking is a key element of meal prepping. Choose recipes that lend themselves well to batch cooking, such as casseroles, soups, stews, or roasted vegetables. Prepare larger quantities of these dishes, which can be portioned out into individual servings for the week.



FOCUS ON VERSATILITY

Opt for versatile ingredients that can be used in multiple recipes throughout the week. For example, roasted chicken can be incorporated into salads, wraps, or stir-fries. Cook grains like quinoa or brown rice that can be paired with different proteins and vegetables. This approach adds variety to your meals while reducing waste.

Remember, meal prepping is a personal process, and it may take a bit of trial and error to find what works best for you. Stay organized, be flexible, and adapt the process to suit your needs and preferences. With practice, you'll become more efficient and confident in your meal prepping routine.



THANK YOU

This is not the end of your journey — it's just the beginning of a stronger, healthier, and more empowered you. Stay consistent, trust the process, and don't forget to celebrate every win, big or small.

Our goal is to equip you with the knowledge and tools you need to make meal planning a seamless and enjoyable part of your everyday life.

Diet and Exercise go hand in hand so don't forget to check out our workout programs- We create custom plans just for you!

[Get your custom exercise plan here](#)