



# MEAL PREP MADE EASY

FOR BUSY LIVES



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## Welcome

Balancing a busy career, family, and personal well-being can feel overwhelming, especially when time and energy are limited. It's easy to reach for whatever's convenient, but that often means sacrificing your health goals. What if you could eat well without the daily stress?

Meal prepping is one of the most effective ways to ensure that you're nourishing your body, even on your busiest days. It's not about spending hours in the kitchen—it's about making smart choices that will save you time, reduce stress, and help you stay on track with your health goals. In this guide, I'll show you how to simplify meal prep so it fits seamlessly into your life, no matter how hectic your schedule may be.

I'm Sian, a registered nutritional therapist passionate about helping busy women achieve their health goals without the overwhelm. I understand the unique challenges that come with balancing a career, family, and self-care because I've been there myself. My approach focuses on making nutrition simple and manageable, so you can feel energised, confident, and in control of your well-being. You can find out more about me [here](#).

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## Benefits of Meal Prep

Meal prep isn't just for fitness enthusiasts or food bloggers—it's for anyone looking to make healthy eating easier and more accessible. Here's how it can benefit you:

- ✓ **Time-Saving:** Imagine opening your fridge and finding meals ready to go. By prepping your meals ahead of time, you can free up valuable time during the week, allowing you to focus on what truly matters—whether that's work, family, or self-care.
- ✓ **Stress Reduction:** No more last-minute scrambles to figure out what's for dinner. With meal prep, you'll have a plan in place, which means less decision-making and more peace of mind.
- ✓ **Health Benefits:** Meal prepping allows you to control the ingredients and portions of your meals, making it easier to stay on track with your health and fitness goals. You're less likely to reach for unhealthy options when you have nutritious meals ready and waiting.

## 5 Simple Meal Prep Strategies

1. **Batch Cooking:** Cook large portions of basics like grains, proteins, and veggies that can be mixed and matched throughout the week. Store them separately so you can mix and match throughout the week.
2. **One-Pot or Sheet Pan Meals:** Make meals that cook in a single pot or on a sheet pan. They're easy to prepare, require minimal cleanup, and can be reheated quickly if you make extra.
3. **Pre-Chopping Veggies:** Wash and chop all your vegetables ahead of time. This simple step can save you time during the week when you're preparing meals. Store them in the fridge to easily add to meals during the week.
4. **Freezer-Friendly Meals:** Double your recipes and freeze half for later. Freeze them in individual portions so you can grab and reheat them on days when you're too busy to cook.
5. **Use a Meal Prep Template:** Create a simple weekly meal plan with a few favourite recipes. Having a plan makes grocery shopping and meal prep more efficient and helps you avoid decision fatigue.





## Quick Tips for Staying on Track

- ✓ **Keep It Simple:** Don't feel pressured to prepare gourmet meals. Focus on a few core recipes that you enjoy and that are easy to prepare.
- ✓ **Make Use of Leftovers:** Turn leftovers into new meals. For example, use roasted veggies in a salad or soup, or repurpose cooked chicken in a wrap or stir-fry.
- ✓ **Invest in Quality Storage Containers:** Good containers make meal prep more convenient and keep your food fresh. Look for leak-proof, microwave-safe options.

# Cupboard Checklist

To make meal prepping easier and quicker, it's helpful to keep your cupboards, fridge and freezer stocked with some key staples. These items allow you to whip up nutritious meals without having to run to the store or resort to convenience.

## Cupboard Staples

### Grains & Carbs:

- Quinoa
- Brown rice (cooked packets as well as uncooked)
- Whole-grain pasta
- Rolled oats

### Proteins:

- Canned beans (black beans, chickpeas, kidney beans)
- Lentils
- Canned tuna or salmon
- Nut butters (peanut, almond)
- Nuts and seeds (almonds, chia seeds, flax seeds)

### Oils & Vinegars:

- Olive oil
- Coconut oil
- Balsamic vinegar
- Apple cider vinegar
- Soy sauce

### Canned Goods & Sauces:

- Diced tomatoes
- Tomato paste
- Coconut milk
- Chicken or vegetable broth

### Spices & Herbs:

- Salt and pepper
- Garlic
- Paprika
- Cumin
- Dried oregano or basil
- Cinnamon

### Other:

- Raw Honey or maple syrup
- Unsweetened almond milk
- Low-sodium soy sauce

## Fridge Staples

### Proteins:

- Eggs
- Greek yogurt (plain)
- Tofu
- Cooked chicken breast
- Hummus

### Dairy & Alternatives:

- Milk or plant-based milk (almond, soy)
- Cheese (cheddar, feta, mozzarella)
- Cottage cheese

### Fresh Vegetables:

- Leafy greens (spinach, kale)
- Bell peppers
- Carrots
- Broccoli or cauliflower
- Courgettes
- Mushrooms

### Fresh Fruits (when in season):

- Berries (blueberries, strawberries)
- Apples
- Citrus fruits (lemons, oranges)
- Avocado

### Condiments:

- Dijon mustard
- Sriracha or hot sauce

## Freezer Staples

### Proteins:

- Frozen chicken breasts
- Frozen fish fillets (salmon, cod)
- Frozen prawn

### Vegetables:

- Frozen mixed vegetables (broccoli, cauliflower, carrots)
- Frozen spinach or kale
- Frozen peas and corn
- Frozen stir-fry vegetable blends

### Fruits:

- Frozen berries (blueberries, raspberries)
- Frozen Smoothie Mix
- Frozen bananas (for smoothies)

### Other:

- Whole-grain bread
- Frozen brown rice or quinoa packets
- Frozen homemade meals (soups, stews, casseroles)