

HEALTHY EATING PREPARATION TIMELINE

Weekly Strategy for Nutritional Success

Step 1: Planning

- Inventory pantry, fridge, and freezer.
- Select 3 main proteins and 5 seasonal vegetables.
- Map out breakfast, lunch, and dinner rotations.

Step 2: Shopping

- Purchase fresh produce and perishables.
- Restock bulk grains, nuts, and healthy fats.
- Wash and dry all leafy greens immediately upon return.

Step 3: Bulk Prep

- Roast starchy vegetables (sweet potatoes, squash).
- Cook a large batch of whole grains (quinoa, brown rice).
- Portion out proteins (boil eggs, grill chicken/tofu).
- Prepare one signature healthy dressing or sauce.

Step 4: Assembly

- Combine prepped components for quick meals.
- Pack "grab-and-go" snacks (cut fruit, raw nuts).
- Hydration check: Refill water infusions for the next day.

"Preparation is the key to consistency. Cook once, eat three times."