

# MASTERING MEAL PLANNING

We often get meal plans that don't suit our tastes and time constraints and therefore go unused. This step-by-step plan will help you create a meal plan that you will actually use and will serve you over and over as you reach your performance goals.

## What are the benefits of planning ahead?

- No more stressing over what to eat!
- Saving you time in the kitchen: add in a plan to prep ahead of time, utilize convenience items, and appliances.
- Saves you money: plan ahead, get what you need, and waste less.
- Helps you reach your goals: no more last-minute decisions in the drive-through, know you are getting the right kind and amount of fuel for performance.

## EXAMPLE:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TO-DO'S:	Dinner with Mom  Time to prep earlier in the day for the week	Practice at 3p Working 5:30-9:30p need grab & go dinner, snacks	Free afternoon. Can double up dinner for leftovers	Workout at 7am Practice at 3pm	Workout at 3pm Working 5:30-9:30	Practice at 3 Out to Dinner with Michelle	Double Header: will need shelf stable snacks for games
DINNER	Mom to fix, no prep needed	Dinner at the food court. Plan: Chicken Stirfry with veggies	Homemade Burrito Bowls, doubled for dinner later this week	Burrito Bowl leftovers as quesadilla	Bring Burrito Bowl leftovers with me to work	Out to dinner. Plan: choose salmon with fries and broccoli	Grill out steak with peppers, zucchini and rice, leftovers for tomorrow
SNACKS X3	AM: Cheese Stick & Mixed Berries PM: Homemade Trail Mix	AM: Apple & PB crackers Post-workout: Self-stable milk with banana & cashews	AM: Cheese Stick & Mixed Berries PM: Homemade Trail Mix	AM (post w/o): Veggie Egg wrap, cheese, grapes PM: Milk & protein pack	AM: Cheese Stick & Mixed berries Post-workout: loaded smoothie	AM: Apple & PB crackers PM: Chocolate Milk & protein pack	Protein Bar, applesauce packs, PB & banana wrap, turkey jerky, mixed nuts, sports drink



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## STEP 1: THINK AHEAD. WHAT DOES YOUR WEEK LOOK LIKE?

Consider the week ahead; what do you have going on? Take the time to write it down to-do's (like school, work, practices, games, travel, etc.):

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TO-DO'S:							
BREAKFAST							
LUNCH							
DINNER							
SNACKS X 3							



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## STEP 2: ADD IN YOUR REGULARS

Take time to fill in things you normally eat each week (Such as a banana before each workout, pizza Fridays, or your favorite trail mix snack).

## STEP 3: CHOOSE WHAT YOU ENJOY & EXPERIMENT!

Prevent burnout! Choose items you will actually eat and enjoy- even if it comes from a restaurant- and pick new recipes from time to time to add to your rotation.

## STEP 4: ELIMINATE FOOD WASTE

Check your pantry and fridge; what you can use up to save you money and cut back on food waste?

## STEP 5: ADD CONVENIENCE

Look for ways to save time: use an Instant Pot or grill, purchase "partial convenience" items such as pre-cooked chicken or frozen fruits & vegetables.

## STEP 6: FIND WAYS TO SAVE

Clip coupons, choose in-season items, or shop and stock up on staple items when on sale.

## STEP 7: TAKE ACTION

Give your plan a try for the week and take notes. What's working? What's Not?

## STEP 8: EVALUATE

Evaluate then refine your plan. Did your snack choice do a poor job of keeping you full? Are two new recipes a week too much of a time commitment right now? Ask yourself :

WHAT WENT WELL? \_\_\_\_\_

\_\_\_\_\_

WHAT WAS A FLOP? \_\_\_\_\_

\_\_\_\_\_

WHAT CHANGES WOULD YOU MAKE FOR NEXT TIME? \_\_\_\_\_

\_\_\_\_\_

**REMEMBER: This is a process! Do not expect to get it right on your first time or even the fourth time. Meal Planning also isn't all-or-nothing; it's OK to choose just snacks or dinners and working your way up. Keep putting in the work and refining your plan. You got this!**



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