

LifeSource Meal Plan Tips and Tricks

Food Prep Week 1.

Primal Waffles. Prepare the mix the day before the week starts and have the mix stored in the fridge to use through the week. Saves time on cooking days.

Hash Brown Nest. Prepared the day before the week starts. Put these in the refrigerator and heat up in toaster oven in the morning and it will save you time.

Buy a rotisserie chicken or two (or make your own in the crock pot on Sunday) to have on hand for a quick dinner or lunch.

Beef jerky can be bought on Amazon – want it to be grass fed – no sugar – no nitrates. A lot of health food stores also carry this. Hyvee has some in the health food section.

Make the energy bars ahead of time – like on a Sunday. Along with the protein muffins – store both in the fridge until ready to eat.

At any point for breakfast, feel free to swap things around. If you don't like the egg muffins, swap for 2 protein muffins. Or if you don't have time to make the waffles one morning, swap for the egg muffins or sausage & a protein shake/smoothie. Ezekiel toast (w/ coconut oil) with an egg on top and a piece fruit is a great breakfast too. Ezekiel bread can be found in most health food stores, in the freezer section.

Lunch meats and "Hot Dogs" should be all nitrate and Nitrite free. No preservatives

Eat a piece of fruit (apple is great) before a workout, and a protein shake (or natural protein) within 30 mins of a workout.

Vegenaise (purple lid grapeseed oil) Or Avacado Oil Mayo from Primal Kitchen instead of mayonnaise – Most health food stores carry this or you can buy on Amazon or Thrive Market

Greek Yogurt instead of Sour Cream (Natural Grocers & Whole Foods sell an unsweetened Coconut Milk Yogurt that is a great alternative as well)

Food Prep Week 2.

Make egg muffins/protein muffins on Sunday, and a couple turkey burgers.

Use ziplock baggies and measure out ¼ cup of raisins and ¼ cup of walnuts or almonds and have a couple ready to go for the week. (easy grab n go snack)

Costco is great to stock up on fruits/veggies for the week and saves money. The 100 calorie packs of guacamole & hummus are great to take on the go and don't have to worry about eating too much. (Costco has these both as well – just read the label and make sure there aren't any bad things added as preservatives or sugar)

Protein powders should be grass fed (or a plant based protein), no artificial sweeteners or sugar.

Water, tea, coffee are all great for drinks. No creamer. Stevia for sweetener. Aim to drink half your weight in ounces, in water everyday.

Handheld blender, toaster oven, and crock pot are great devices to have for healthy eating.

Plan, Plan, Plan. “If you fail to plan, then you plan to fail.”

No carbs (pasta, rice, potatoes, breads) in the PM (none after 2 pm)

Always make extra dinner to have for leftover's the next day.

You can throw sweet potatoes in the crock pot (wrap in foil and cook for 4 hours on high or 8 hours on low) to have ready for the next day or for lunch.

To order at a sit down restaurant: Stick with meat & veggies. Steak or chicken or fish w/ veggies is great. Also, can try a salad with meat on top, just make sure it's not breaded and use a oil & vinegar salad dressing and not the creamy ones (sorry, no ranch...). You can make your own paleo ranch or buy from natural grocers or evolve paleo.

If you have to eat fast food, go to Jimmy Johns and order an “un-wich” (it's a lettuce wrap with lunch meat inside). Or go to Chipotle and get a salad with meat and guac and some veggies and salsa (no beans, no rice, no chips). Runza has a great south west chicken salad, order it without tortilla strips and grilled chicken and salsa for the dressing. Or you can order a chicken sandwich, and don't eat the bun and swap the fries for a side of kids fruit and have water instead of a soda.