

OCT

30-Day Meal Prep for Success!

KEYS TO SUCCESS

- 1** Do your shopping and the majority of your prep work on Sundays.
- 2** Don't aim for perfection. Try to carve out a little extra time each week to chop veggies, make items in bulk, etc.
- 3** Eat slowly and mindfully at each meal, eat REAL food 90% of the time, and hydrate with water throughout the day.
- 4** Deconstruct cravings. Ask, "Am I truly, physically hungry?"
- 5** Use your time efficiently, aka, chop veggies while your morning coffee is brewing, hard-boil eggs while you are waiting for your veggies to roast, etc.

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SUN	MON	TUE	WED	THU	FRI	SAT
Grocery Shop & Prep Day	1 B: Sweet potato casserole L: Pasta salad D: Salmon with cauliflower rice	2 B: Smoothie L: Leftover salmon D: Curry + "Nice" cream	3 B: Leftover casserole L: Leftover curry D: Leftover pasta salad + protein of your choice	4 B: Smoothie L: Berry Salad D: Leftover curry	5 B: Leftover casserole L: Leftover Curry D: Leftover salad + protein of your choice	6 Choose your Own Meal Adventure!
7 Grocery Shop & Prep Day	8 B: Oat & Nut Bars L: Chickpea burrito bowl D: Asian zoodle stir-fry	9 B: Smoothie L: Leftover stir-fry D: Sweet potato stew	10 B: Oat & Nut Bars L: Chickpea burrito bowl D: Leftover stir-fry	11 B: Smoothie L: Leftover stew D: Roasted beet salad + protein	12 B: Oat & Nut Bars L: Leftover beet salad D: Leftover Burrito Bowl	13 Choose your Own Meal Adventure!
14 Grocery Shop & Prep Day	15 B: Egg muffins L: Veggie quinoa bowl D: Stuffed squash	16 B: Smoothie L: Avocado toast + fried eggs D: Leftover Veggie bowl	17 B: Egg muffins L: Leftover quinoa bowl D: Leftover stuffed squash	18 B: Smoothie L: Turmeric-fried egg sammy D: Healthy zuppa toscana	19 B: Egg muffins L: Leftover zuppa toscana D: You decide! Get creative!	20 Choose your Own Meal Adventure!
21 Grocery Shop & Prep Day	22 B: Smoothie L: Cauliflower scramble D: Chicken + basil, tomato & arugula	23 B: Leftover cauli bowl L: Leftover chicken D: Salad + crispy chickpeas	24 B: Smoothie L: Salad + crispy chickpeas D: Chicken + basil, tomato & arugula	25 B: Protein Pancakes L: Huevos rancheros D: Leftovers - you decide!	26 B: Smoothie L: Huevos rancheros D: Leftovers - you decide!	27 Choose your Own Meal Adventure!
28 Grocery Shop & Prep Day	29 Choose your Own Meal Adventure!	30 <i>Congrats! Now keep up the consistency!</i>				