

Meal Prep (and other recipes)

- Hello!
- This guide was originally just a 'how to get meal prepping' easily, giving you options for protein, carbs and veg
- But then I got carried away!
- So there are lots of easy meal prep ideas
- But then there are a few more complicated recipes
- Although technically, anything's meal prep if you make enough of it!
- There are only a few important measures of ingredients here, but you know how much you eat in one portion, so I trust you're smart enough to scale that up
- Questions? Hit me up on matt@fitteryou.net – a thousand thanks!

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The Basics

- For meal prep you want your meals to include:
- Protein (more on all of these in a sec!)
- Carbohydrates (they are not the enemy, I promise!)
- Veggies (I've included loads of ways here to make these less awful)
- Spices, herbs and sauces will help liven up the drabbest of meals
- Get some good Tupperware – doesn't need to be expensive, ensure it has a rubber seal and clicks shut to ensure freshness
- If you're eating it a few days after cooking, sense check (and smell) it to ensure it hasn't gone off
- In Tupperware it should stay fine for the week, but if you get ill, it's not my fault, as I told you to be careful!

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Protein Sources

- Meat → chicken, beef, pork, lamb, turkey, the minces, the sausages, the hams
- Fish → cod, salmon, haddock, basa, trout, prawns, lobster! Sea urchin!!! Giant squid!!!!!!!!!!!!
 - For meat and fish, as you'll be storing this for a bit, you want to cook it so it stays as juicy as possible – no one wants dried out chewy bits
 - To do this, if you're roasting it, wrap it in foil to seal in the juices – add your choices of spices, herbs and sauces to flavour it
 - If you're cooking it in a pan, keep the lid on for lots of the cooking to keep all that juicifying steam in!
- Dairy → milk, protein powder, cottage cheese, yoghurt, quark
 - This mostly just stores ready made in a tub
- Eggs → errr, eggs, however you choose to have them
 - Hard-boiled they'll keep for five days in the fridge
 - In fact most versions will keep for around 5 days – including the breakfast frittata, which means you've got five breakfasts good to go
- Veggie protein sources → tofu, beans, chick peas, seitan, Quorn, tempeh
 - Cook as per the guidelines

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Carbohydrate Sources

Boil or steam these ones:

- Rice → brown, white, sushi, long grain, basmati, broken... I could go on... Actually no, I'm out
- Quinoa
- Couscous (so good they named it twice)
- Lentils
- Secret tip: adding a stock cube to boiling rice/quinoa/couscous adds loads more flavour for about 10p

Roast or boil these

- Potatoes! → regular (!), sweet – are they called yams in America? Think so
- Butternut squash

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Veggie Sources – mmm, veggie sauces...

(Yes I know the third macronutrient is fat but it's basically in everything, which is why the third thing to go into meal prep is veggies, as opposed to fat)

- Broccoli! Beans!
- Cauliflower! Spinach!
- Cabbage! Mange tout!
- Asparagus! Broad beans!
- Peas! Runner beans!
- Carrots! Courgette!
- Corn! Kale!
- And so on – yes boiling apparently reduces the available nutrients in veg, but I'd rather you ate boiled veg than didn't eat any veg!

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Herbs, Spices and Sauces

Dried herbs to keep in your store cupboard...

- Oregano, mint, coriander, basil

Spices to keep in your pantry...

- Cumin, turmeric, cayenne pepper, cinnamon, paprika

Sauces to keep in your sauce drawer...

- Soy sauce, fish sauce, sesame oil, spray oil, olive oil, Worcestershire Sauce, white wine vinegar, rice vinegar, mustard, honey, Sriracha (Thai spicy sauce, which I adore!), stock cubes
- The more I cook, the more I play around with the above ingredients chucking in bits here and there and refining and learning what works well together. A very simple mix to liven up any protein is:
Cook the (ie.) chicken, then a few minutes before it's done, add in a few dashes of soy sauce, a squeeze of honey, some sriracha and break up a chicken stock cube – absolutely delicious!

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Fried Sweetcorn – no come back, it's healthy!

Ingredients

- Frozen sweetcorn
- Onion
- Garlic
- A tablespoon of oil
- Honey
- Sriracha (or chilli flakes) optional
- Soy Sauce
- Salt & Pepper

Method

- Finely chop the onion and garlic and fry on a low heat with the tablespoon of oil for about 5 mins, until the onion is translucent
- Turn the heat up and add the frozen corn – straight from the freezer is fine – and stir well
- After a few minutes add two tablespoons of soy sauce, salt & pepper and an optional squirt of honey and Sriracha or chilli flakes
- This will make it all sticky (and delicious), keep stirring, but bits where it goes black and sticks a bit only make it more tasty
- It should be done within 10 mins total
- This also works well with frozen peas – or combine the two!

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Broad Beans Crush – I've got a little crush...

Ingredients

- Frozen (or fresh) broad beans
- Light Crème Fraiche (or low/zero fat Greek Yoghurt)
- Salt & Pepper
- Fresh basil or mint (or your choice of fresh herbs), torn up

Method

- Cook the broad beans as per the pack – usually just chuck them in boiling water for 5 mins
- When done, put them straight into icy, cold water to stop them cooking any more
- Check they're cool, then add them to a bowl
- Depending on how many beans you cooked, add between 2 and 4 tablespoons of crème fraiche and your choice of herbs
- Mash with a fork or potato masher, but just to a chunky paste
- Ta dah!

Cauliflower Mash – it doesn't taste of cauliflower!

Ingredients

- Fresh or frozen cauliflower
- Low/Zero fat Greek Yoghurt
- Chicken or veggie stock
- Salt & pepper
- Garlic (optional)

Method

- Boil the cauliflower until beginning to soften, drain and let cool for five minutes
- Make up 80ml of stock
- Put the cauliflower in a large bowl and add the stock, 80ml of Greek yoghurt, salt & pepper and optional garlic
- Grab a potato masher and get stuck in!
- Or put it in a blender until smooth

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Sweet Potato Wedges – a bulker’s friend!

Ingredients

- Sweet potatoes
- Sesame oil
- Soy sauce
- Lime juice
- Ginger, mashed/pressed
- Garlic, mashed/pressed
- Spring onion (optional)
- Sesame seeds (optional)

Method

- Chop the sweet potatoes into wedges and place them on a baking tray in the oven at 200 degrees
- Meanwhile... Combine 1 tablespoon of sesame oil, 3 tablespoons of soy sauce, the juice of a lime and your preferred amount of mashed ginger and garlic in a bowl
- Take the sweet potato wedges out, move them round a bit and drizzle the sauce over them all
- If they seem like they might be able to burn, turn down the oven a bit and leave them in for another 20 minutes or so
- Meanwhile... fine chop some spring onions and when the wedges are done, sprinkle all over with the sesame seeds too

Butternut Squash Wedges — also a bulker's friend!

Ingredients

- Butternut squash (yes really!)
- Fresh sage, torn (optional, but it works really well!)
- Lemon juice

Method

- Chop the butternut squash into wedges – the smaller you cut them, the quicker they'll cook!
- Stand them on their ends, skin side down
- Put in the oven at 200 degrees for 15 minutes
- Take the wedges out, sprinkle with the freshly torn sage and put back in for another five minutes
- When they're done, squeeze fresh lemon juice over the top for a lovely sharp kick!

Easy Roast Veg – it's really easy!

Ingredients

- Broccoli
- Cauliflower
- Kale
 - These all work really well
- Oil
- Turmeric (optional)
- Paprika (optional)

Method

- Cut the broccoli or cauliflower into their florettes and lay on a baking tray
- You can embellish this however you want, but just some salt & pepper works well, set the oven to 180 degrees for 10 minutes keep an eye on it as it can burn quite quickly, especially the kale, it's a sensitive little chap

Fancy Method

- Before you roast the cauliflower, put the broken up florettes in a bowl with 2 tablespoons of oil plus your preferred spices – I like turmeric and paprika
- Use a spoon to ensure it's all really well coated then roast as above

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More Easy Roast Veg – it's also really easy!

Ingredients

- Courgette
- Red / orange / yellow / green peppers
- Red onion
- Mushrooms
- Sweet potato
 - All in 1 cm cubes
- Oil
- Salt & pepper

Method

- Cut all the ingredients into 1 cm cubes (tough with the onion so I'll let you off that one)
- Put in a bowl and add the oil and salt & pepper, stir so its all coated
- Put on a baking tray and roast 200 degrees for about 25 mins – keep an eye on it from about 20 mins – might need up to 35

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Healthy Coleslaw! — About as easy as it gets

Ingredients

- Cabbage, shredded
- Carrots, shredded
- Radishes, finely chopped
- Red Onion, finely chopped
- Low/Zero fat Greek Yoghurt
- Salt & Pepper
- Lime juice
- Sriracha / chilli / chilli flakes (optional)

Method

- Add everything in a bowl
- Errr
- That's it

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Yoghurt-Marinated Chicken — keeps it *MOIST*

Ingredients

- Chicken
- Plain yoghurt

Optional spices

- Cumin
- Cayenne pepper
- Smoked paprika
- Garlic, mashed

Method

- Cut the chicken into bite-size pieces and stir through the yoghurt and whatever spices you're into
- Ideally, put into a sealable bag or Tupperware container and leave in the fridge to marinate for up to an hour
- Put on a baking tray and then in the oven at 200 degrees for about 15 minutes, depending on the size of your chicken chunks
- Easy to scale up for meal prep!

Sticky Honey Lemon Prawns — Really quite sticky

Ingredients

- Prawns
- Soy Sauce
- Garlic, mashed
- Lemon juice
- Honey
- Water
- Arrowroot starch (save this til the cooking)

Method

- Combine all the sauce ingredients (ie everything apart from the prawns and arrowroot starch), then use about half the sauce to marinate the prawns for up to an hour in a bag or Tupperware in the fridge
- Now grab a big wok/frying pan
- Cook the prawns and your choice of veggies – peppers, mange tout and baby corn go great here – all at once with the rest of the sauce and the arrowroot starch (which just helps to thicken it all up), it shouldn't take more than 6-7 minutes and you're done!
- Easy to scale up for meal prep!

Chilli Orange Pork – chilli optional!

Ingredients

- Pork, diced (ie. chunks)
- Soy Sauce
- Orange juice (freshly squeezed if poss, but from a carton will also work)
- Sesame oil
- Chilli flakes or Sriracha (optional)
- Arrowroot starch
- Salt & pepper

Method

- Cook the pork in a wok/frying pan with a drizzle of oil and some salt & pepper – if it's in bite-size chunks, this will be within about 10 minutes
- Pork has to be white on the inside to be safe to eat it
- Meanwhile mix everything else, 2 tablespoons soy sauce, the juice of an orange, the optional chilli and a teaspoon of arrowroot starch, in a bowl
- When the pork is almost done, add the mixed sauce and stir on a lower heat, this will help to thicken up the sauce and make it all glossy and delicious
- Easy to scale up for meal prep!

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Breakfast Frittata – Also works for lunch, dinner and Easter!

Ingredients

- Eggs
- Milk
- Your choice of protein
- Your choice of veggies
- Salt & pepper

Method

- Allow two eggs per portion, so if you want to make this for five breakfasts for a week, beat 10 eggs in a bowl
- Add a splash of milk and salt & pepper and your choice of protein and veggies, ie. some chopped up ham and some halved cherry tomatoes (yes I know they're a fruit, thank you Linda), mushrooms and spinach leaves
- Pour it all into an ovenproof dish
- Put it in the oven at 180 degrees and check it after 10 mins – it will almost certainly need at least another 5 mins, but you might have different dishes to me!

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Easy Pad Thai – Like a takeaway without everything spilling out

Sauce ingredients

- Soy sauce, Fish sauce, Rice vinegar, Arrowroot starch, Chilli (optional)

Main bits

- Chicken, prawns, beef, tofu, seitan etc
- Garlic, finely chopped
- Red onion, finely chopped
- Eggs, beaten
- Cabbage, shredded
- Carrot, shredded

Method

- Mix 3 tablespoons of the soy sauce, fish sauce and vinegar with a teaspoon of arrowroot starch and set aside
- Chop the chicken (or your choice of protein) into bite-size chunks and fry in a tablespoon of oil
- Once it's started to brown, take it out of the pan
- Into that pan add the garlic and onion for 2-3 minutes, then add the 2 beaten eggs and chop up the eggs as they cook
- Add the cabbage and carrots and cook until the cabbage begins to wilt, then add the sauce and the chicken back in and cook through for another few minutes
- Optional, serve with rice or noodle and sprinkle with spring onions, corinader and crushed peanuts

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Final extra last tips

- Chicken sausages – lower fat (so lower calorie) than pork sausages, super tasty and ready in 15 minutes. Have with a bag of salad for a healthy, filling quick'n'easy dinner if you don't have anything in!
- Green beans are super easy to cook – boil or steam for about 5 minutes – and are cheap, relatively cheerful, healthy and an easy way to get some greens into your day
- Of course if we're talking easy nutrients, a piece of fruit always delivers
- A tub of cottage cheese – have I mentioned before that I quite like cottage cheese? – is low fat, very high in protein and really filling; literally a god amongst snacks
- Don't forget that a stock cube adds taste to pretty much any protein – crumble it over food while it's roasting, stir it into your carbs while they're boiling or add it to meat you're cooking in a pot
- Bye
- For now!

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