



MEAL PREP 101

MEAL PREP TEMPLATE

Balanced



Protein



Vegetable



Carb

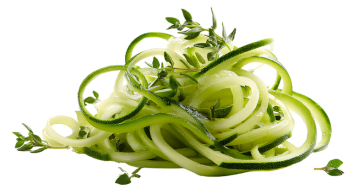
Low Carb



Protein



Vegetable



Vegetable

Plant Based



Legume



Vegetable



Carb

Suggested Portions

Protein: 150g raw or 100g cooked (1/4 plate)

Carb: 1/2 cup cooked grains or 1 cup cooked pasta (1/4 plate)

Vegetables: 1-2 cups (1/2 plate)

Fats: 1 tbsp

PLANNING

Make a plan for the week

This allows you to grocery shop for everything you'll need for your meals

	Mon	Tue	Wed	Thurs	Fri
Breakfast	Overnight oats	Overnight oats	Overnight oats	Mini Frittatas	Mini Frittatas
Lunch	Tuna & Rice Bowl	Tuna & Rice Bowl	Chicken Pasta Salad	Chicken Pasta Salad	Catered (no prep)
Dinner	Spag Bol	Spag Bol	Eating out (no prep)	Salmon Sheet Pan	Salmon Sheet Pan

Make a shopping list

Categorise your ingredients into food groups to make it clear and concise

Proteins	250g chicken, 2x tins tuna, 2x salmon fillets, 500g beef mince, ½ dozen eggs, 1x pack Primo ham
Fruit & Veg	1x bag frozen berries, 1x capsicum, 1x cucumber, 2x punnet cherry tomatoes, 1x large bag spinach, 1x bag slaw mix, 2x bunches asparagus, 1kg potatoes, 1x brown onion, 1x zucchini, 1x carrot
Dairy	2L milk, 1 tub Greek yoghurt, 1 tub cottage cheese, 1 block feta, 1 bag grated cheese
Dry goods/ other	1 bag rolled oats, 1x bag penne pasta, 4x cups microwave rice, 1 bag chia seeds, 1 jar peanut butter, 1 pack mini tortillas, 1 bottle olive oil, 1 jar honey, 1 bottle mayo, 1 jar pesto, 400g tinned tomatoes, herbs & spices

FOOD GROUPS

Protein/Dairy



Chicken



Beef



Lamb



Pork



Tofu



Salmon



Tuna



Turkey



White fish



Yoghurt



Cottage/ricotta
cheese



Hard cheese



Eggs



Milk

Vegetables/Fruits



Steamfresh veg



Stir-fry veg



Pre-cut veg



Salad mix



Shredded/slaw mix



Tinned tomato



Fresh produce



Frozen veg



Frozen berries

FOOD GROUPS

Carbs/Legumes

* also a source of protein



Pasta



Brown rice/
quinoa



Basmati rice



Potato



Grain bread



Edamame*



Beans/
chickpeas*



Lentils*



Rolled oats/
cereals



Wholemeal wrap

Fats/Dressings

*also a source of protein



Light mayo



Low fat dressing



Perinaise



Nut butter*



Olive oil



Fetta*



Avocado



Nuts & seeds*



Chia seeds*



Olives

BREAKFAST EXAMPLES

Overnight Oats (serves 4)



2 cups
rolled oats



2.5 cups
milk



1 cup
yoghurt



1 cup
berries



4 tbsp
chia seeds



2 tbsp
honey

Mini Frittatas (makes 10-12)



6 eggs



3/4 cup
cottage cheese



1/2 cup
capsicum



1/2 cup
cherry tomato



1 cup
spinach



100g
ham

Yoghurt Bowls (serves 4)



4 cups
yoghurt



2 cups
berries



1 cup
granola/muesli



2 tbsp
chia seeds



4 tbsp
honey

* top with granola before serving

LUNCH EXAMPLES

Tuna & Rice Bowls (serves 2)



250g
rice



2x 95g
tuna



2 cups
salad/slau



½ cup
cherry tomato



2 tbsp
light mayo/
light sweet chilli

Grain Salad (serves 2)



400g
beans/chickpeas



125g
rice/quinoa



50g
fetta cheese



2 tbsp
pine nuts



2 cups
spinach



1 tbsp
olive oil/
lemon

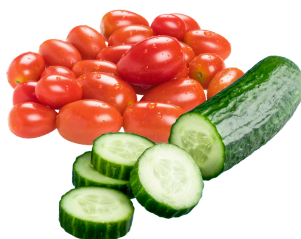
Chicken Pesto Pasta Salad (serves 2)



100g
pasta
(uncooked)



200g
cooked chicken



½ cup each
cherry tomato/
cucumber



2 cups
spinach



2 tbsp
pesto



1 tbsp
olive oil/
lemon

DINNER EXAMPLES

Spaghetti Bolognese

(serves 4)



500g
beef mince



400g
tinned tomato



1 med onion,
carrot, zucchini



1 Mingle
seasoning



250-300g
pasta
(uncooked)

Tofu Stir Fry

(serves 4)



600g
extra-firm tofu



500g
stir-fry veg



200g
stir-fry sauce



500g rice or
440g Hokkien
noodles



80g cashews or
peanuts

Salmon & Veggie Sheet Pan

(serves 4)



4 regular
salmon fillets



800g
baby potatoes



400g
asparagus



seasonings
of choice



1-2 tbsp
olive oil

MEAL PREP TIPS

Start small

Begin with prepping one meal each week to keep it simple and build consistency over time.

Plan your meals ahead

Creating a weekly plan and grocery list helps reduce food waste and makes shopping more efficient.

Use a calendar or meal chart

Organising meals visually helps balance variety and ensures you use ingredients wisely.

Prep for a few days at a time

Cooking for 2–3 days is more manageable (especially when new to meal prep) and keeps meals fresh. It can also help prevent meal fatigue from eating the same thing all week

Stock up on convenient staples

Keep items like bagged salads, pre-cut vegetables, canned beans, pre-cooked proteins, and frozen veggies on hand to save time and make meal prep quicker and easier.

Cook a versatile base ingredient

Prepare a flexible protein or grains like lentils, tofu, quinoa, or minced meat that can be easily adapted into different meals such as tacos, bowls, salads, or wraps.

Multi-task during prep

Chop, roast, or boil ingredients while others are cooking to speed things up.

Label and date your containers

This helps you track freshness and prevents food from being forgotten.

Follow food safety storage guidelines

Refrigerated meals typically last 3–4 days; freeze anything longer-term to stay safe.

