
MAXIMIZING MEAL PREP



OTM PERFORMANCE

GUIDE TO PERFORMANCE
ENHANCING MEAL PREP

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Maximize Your Performance with Meal Prep

Nutritional Consistency:

Meal prepping ensures consistent intake of essential nutrients, vital for muscle growth, recovery, and overall health.

Customization:

Tailor meals to meet specific dietary needs, whether it's for muscle gain, weight loss, or endurance training.

Enhanced Focus:

By eliminating daily meal decisions, you can maintain a clear focus on training and performance goals.

Mental Wellbeing:

Reduces stress related to meal planning and preparation, allowing for a more relaxed and positive mindset.

Economic Efficiency:

Saves money by buying in bulk and reducing food waste, allowing you to allocate more resources to other aspects of your training and recovery.



What I Know to be True

- By meal prepping, you can focus on your training with confidence, knowing that **every meal is designed to fuel your performance goals**. This precision ensures you're always on track to achieve your dream outcome. It helps ensure each workout is more effective and aligned with your objectives.
- Consistently having balanced, nutritious meals ready reduces the risk of dietary slipups. This increases your chances of reaching peak performance faster. This structured approach **keeps you disciplined and dedicated to your training regimen**.
- Meal prepping cuts down daily meal preparation time. This allows you to dedicate more hours to training and recovery, bringing you closer to your goals quicker than ever. **With more time to focus on what matters, results come sooner.**

- With meal prepping, the effort and stress of daily cooking are minimized. It lets you **maintain a high-energy lifestyle** without the worry of cooking. This convenience allows you to pour more energy into your training and personal life.



5 Simple Steps

1. Meal Planning:

Strategic Selection:

Choose simple, versatile recipes that balance protein, carbohydrates, vegetables, and healthy fats. This ensures each meal is nutritionally complete and **supports your training goals.**

Rotation of Recipes: *

Create a master list of favorite and new recipes to keep your meal plans exciting and varied. It helps with preventing meal fatigue.

Sample Meal Plan					
	Meal Name	Calories	Protein (g)	Fat (g)	Carbs (g)
Meal 1	Peanut Butter Banana Protein Smoothie	664	43	34	60
Meal 2	Chicken Fajita Bowl	782	48	8	130
Meal 3	Chicken Fettuccine Alfredo	600	45	24	49
Meal 4					
Snack 1	Greek Yogurt cup with Granola	133	16	1	15
Snack 2	2 Hard Boiled Eggs	140	12	10	0
Snack 3					
Snack 4					
Dessert	Chocolate Protein Brownies	168	7	11	15
		Total Calories	Total Protein	Total Fat	Total Carbs
		2487	171	88	269
Nutrients Remaining		269	0	0	118

If you're not familiar, I have an All-in-One Online Nutrition Tool that can help with the planning.

Determine when and how much you will cook:

Things to Consider

- Meals typically stay good 3-5 days in the fridge.
- How much room is there in your fridge?
- Do you have the kitchen appliances to cook many bulk recipes at once?
- Is it easier to do all the meals in one day or have a set day for certain meals?
- How often do you want to go to the store?

Make a plan. **Stick with it for a week.** I'm giving you everything you need to get started. Just do it. After 1 week, look back at how it went. Adapt from there. I know you're a capable person!

2. Grocery Shopping:

Comprehensive List: *

Make a detailed shopping list based on your meal plan, ensuring you have all the necessary ingredients. This reduces the chance of missing items and multiple trips to the store.

3. Preparation and Cooking:

Batch Cooking:

Prepare staple ingredients like **grains, proteins, and vegetables in large batches**. This saves time and makes it easier to **mix and match** components for different meals throughout the week.

Proper Equipment:

Make sure you have knives, pots, and pans. It's also crucial to have a **food scale** and know how to use it effectively. They aren't that hard I promise ;) This will make life so much easier when getting meals separated.

Step by Step Cooking:

Break down the cooking process into manageable steps. For example, cook grains while you chop vegetables. Use downtime to prepare sauces or dressings.

4. Storage:

How to figure out how much to put in each container:

1. Put a bowl or a plate on your food scale. Zero (Tare) it out. Set the units to grams (g).

2. Pour your cooked food into said bowl. Look at **total weight** (g).

3. **Divide** the total weight by how many containers you are splitting it between. That is the weight you need in **each container**.

4. Scoop some into the container. Put the bowl back on the scale. **Adjust the amount until you get to the weight you need for 1 container.** It will probably show up negative.

5. Put the bowl, **Only the bowl**, back on the scale. Zero it out. Repeat step 4 until you run out of cooked food.



Optimal Containers:

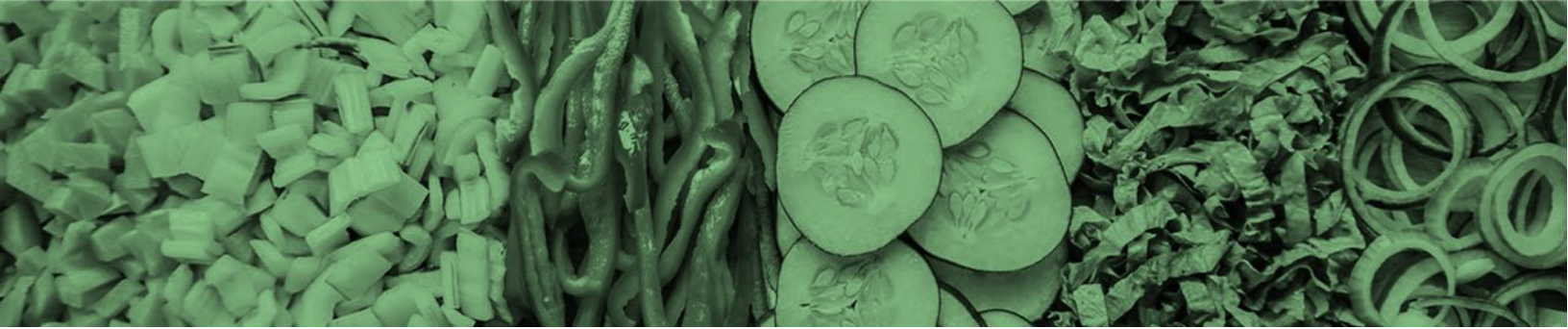
Use airtight, microwave-safe containers to keep your meals fresh and ready to eat. Glass containers are preferred for better flavor preservation. Your call really.

Shelf-Life Management:

Most meal-prepped food lasts **3-5 days** in the fridge. To extend this, freeze suitable meals, allowing you to prepare more in one go and reduce cooking time.

I like to let my hot foods sit out and cool down before putting them in the fridge or freezer. I like to let the steam evaporate to preserve some extra freshness down the road.

5. Heat it and eat it!



Meal Prep Strategies

Starting Small:

Begin with prepping one meal or recipe to get used to the process. As you become more comfortable, gradually increase the number of meals you prepare.

Balanced Meal Formulas:

Use basic formulas to ensure nutritional balance. For example:



Basic: Protein + Grain + Vegetable

Low Carb: Protein + Vegetable + Vegetable

Vegetarian: Legume + Grain + Vegetable

Creative Leftovers:

Repurpose leftovers into new dishes to keep meals exciting and reduce waste. For example, use leftover

roasted vegetables in a frittata or as a base for a hearty soup.

No Cook Options:

Incorporate easy, no cook meals like salads, wraps, or overnight oats to save time and effort on busy days.

Practical Tips:

Efficient Reheating:

I reheat most meals using microwaves. But, sometimes I use stovetops/ovens/air fryers for better texture and flavor.

Portion Control:

Divide meals into individual servings right after cooking. This helps with portion control and ensures you have ready-to-eat meals that align with your dietary goals.

Flexibility:

Stay flexible and adjust your meal prep based on personal preferences and changes in your schedule. This adaptability ensures you always have meals that suit your taste and needs.