



Meal Prep for Busy Weeks

Eat well when you have no time, with a little planning

The biggest reason busy people eat badly is not knowledge, it is time. A little planning makes the healthy choice the easy choice. You do not need to cook everything on a Sunday, just build a simple system that removes the daily decision.

Plan, shop, prep

- Plan a handful of go-to meals you actually enjoy, then repeat them. Variety can wait, consistency comes first.
- Shop from a list. You cannot eat well from an empty fridge, and you will not grab junk you did not buy.
- Batch cook staples: a big pot of chilli, stew or curry, or a tray of roast veg and a grain.
- Prep components, not just full meals: cooked grains, roasted veg, boiled eggs, chopped salad, so you can assemble fast.

Build a plate in minutes

Keep a simple formula: a protein, a wholegrain carbohydrate, plenty of vegetables, and a flavour (sauce, herbs, dressing). With prepped components you can build a balanced meal in the time it takes to boil the kettle.

Stock a helpful kitchen

- **Freezer:** frozen veg and berries, cooked portions, fish.
- **Cupboard:** tinned beans and fish, wholegrains, oats, nuts, passata.
- **Fridge:** eggs, Greek yoghurt, pre-washed salad, lean protein.

Remove the daily decision. The goal of meal prep is not photogenic tubs, it is having a good option ready so you do not default to a takeaway when you are tired. Frozen and tinned count, done beats perfect, and small systems beat willpower.

Where to learn more: the NHS Eatwell Guide, the British Nutrition Foundation, and the British Dietetic Association (BDA).

This leaflet is general nutritional guidance for education only. It is not medical advice, diagnosis or treatment, and it does not replace advice from your GP or a registered dietitian. Always check with a qualified professional before making significant changes, particularly if you have a health condition, are pregnant, or take medication.

Ready to take the next step? Book a free call or start your food diary analysis at performancenutritionlondon.co.uk