



the ultimate meal prepping guide

key cellular nutrition





What Is Meal Prepping?

Meal prepping is an amazing way to get ahead of your week so you can make healthy choices in the moment and save yourself time. We all know how it feels to get home from a long day at work and pick up the first easily accessible pantry snack. The goal of meal prepping is to help you keep it simple and avoid those panic hunger moments when you might reach for something you don't truly want to put in your body.

Meal prepping and batch cooking can save you loads of time in the kitchen. Think about it...many of us can spend up to 20 hours a week in the kitchen preparing, cooking, and cleaning up after meals that we eat throughout the day. By planning out meals and dedicating a single afternoon to batch cooking, we can cut that down to 4-5 hours a week!

The key is to split your time between cooking fresh meals from scratch, making enough for leftovers and freezer meals, and repurposing ingredients for soups, stews, salads, and breakfast hashes.

Your Step-By-Step Instructions

Prework:

Step 1:

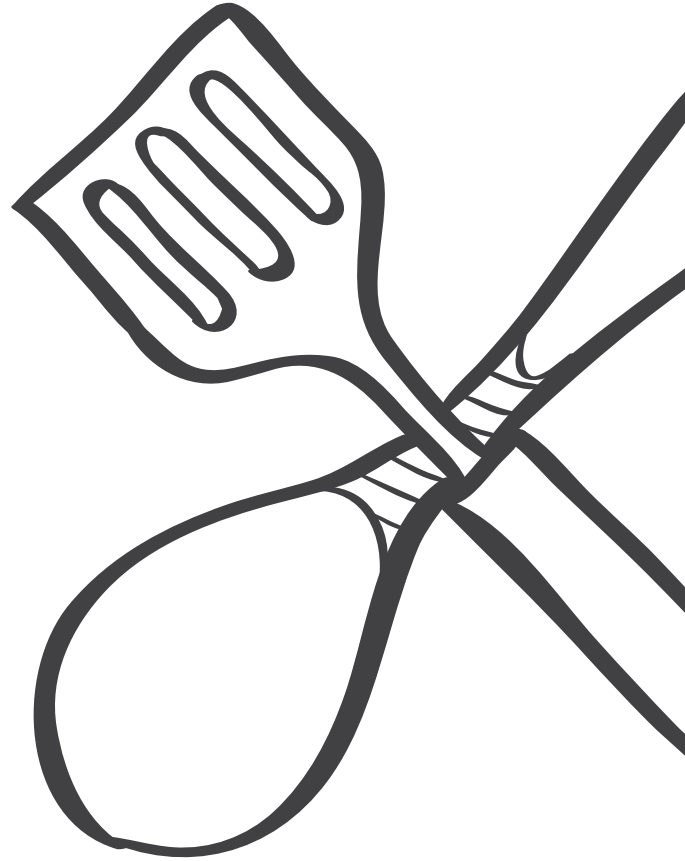
Decide which recipes you are going to make and create a fun, delicious menu for the week.

Step 2:

Make a list of all the ingredients that you need and either order these online or treat yourself to a shopping trip so you have everything ready for your batch cooking day.

Step 3:

Make sure you have your glass storage containers cleaned and ready.



“

I am a newbie but wanted to share a win. I was diagnosed with chronic fatigue syndrome almost 30 years ago. Mornings are difficult because I'm always so tired. Saturday mornings are usually my time to sleep in. This is my 4th day on the program, and I woke up around 8:15 am.

Normally I would have laid back down and slept more but not today. **I am awake and have more energy than I have had in ages!!! I'm impressed!!!**

-Julie W.

On the day:

Step 1:

Get ready for a fun couple of hours in the kitchen! It's amazing how productive you can be before lunchtime if you put your mind to it.

Step 2:

Preheat the oven to the desired temperature.

Step 3:

Take out all of your ingredients from the fridge and lay out on your kitchen counter so everything is readily available.

Step 4:

Put on some of your favorite tunes, or start listening to a podcast or an audiobook so you make the most of your cooking time!

Step 5:

Cut up all your vegetables and fruits in advance of starting any cooking so everything is ready when you begin the cooking process.

Step 6:

Prepare the vegetables and meat and put these in the oven - making sure that you set a timer in case you get distracted!

Step 7:

Discard any unneeded foods and tidy up, while you dance along to the music!

Step 8:

Now you are clean and tidy again, start preparing any other foods that require the stovetop rather than the oven, such as cauliflower rice, and saute these in a skillet.

Step 9:

When the timer goes off, take out your meat and vegetables from the oven, and leave to cool (even though it's difficult to resist sneaking some to eat!).

Step 10:

Divide the delicious foods equally among your glass containers, ensuring that the star of the show in your recipe, such as herby chicken, goes on top!

Why Use Glass Containers?

It's estimated that the average person has over 1,000 times more chemicals from plastic in their body than any other toxin. Plastic chemicals are usually excreted from the body within a day, so they don't typically accumulate like other toxins. But the amount of exposure to chemicals we have is so great that we have an abundance of them in our bodies at any given time. As you can imagine, this creates a lot of health problems!

"I went over the most recent bloodwork with my endocrinologist and compared it with the one from June. In 2 1/2 months on the CHA program, my TSH, free T3, and T4 are all back in range, and not just in range, but in the middle of the range."
-Caryn K.



Why Avoid Plastics?

SOME OF THE MAJOR PLASTIC CHEMICALS TO AVOID ARE BPA AND PHTHALATES. HERE ARE SOME WAYS THESE CHEMICALS ARE AFFECTING OUR HEALTH:

- Scientists refer to them as obesogens (which basically means they're making us fat).
- They're known as hormone disruptors. Your body recognizes BPA as estrogen and can create estrogen-dominant type issues in the body as well as hormonal imbalances of all different kinds.
- They are linked to many forms of cancer.
- They can cause childhood developmental abnormalities and behavioral problems.
- They can contribute to infertility issues and miscarriages.

In the Cellular Health Accelerator, we focus mainly on the fact that these plastic chemicals can cause hormonal imbalances. We want your hormones to be balanced, but if you are consistently taking in a hormone disruptor like BPA, you likely aren't getting that balance.



"What a journey of learning, healing, surprises, winning, and transformation. Of all the diets, healing modalities, self-help, and motivational undertakings I have tried over many years, CHA has been the most successful in the least amount of time.

My greatest wins are the greater energy I feel, the reduction of the puffiness in my face due to my thyroid issue, 25 pounds gone, and down from size 16 pants to size 12. Money well spent for a healthy new lifestyle!"

-Vicki C.

Helpful Tips for Meal Prepping

1. **Start by planning out a few meals and snacks for the week.** You can work up to planning out your whole week but starting small will help you avoid overwhelm.
2. **Choose recipes that make sense to batch cook.** For example, a complex casserole that uses multiple ingredients and requires several pieces of equipment just to assemble won't get you off to a successful start.
3. **Stick with recipes that are one-pot or sheet pan.** They are easy to double and don't require a lot of clean-up.
4. **Avoid treat recipes when batch cooking and focus on nutrient-dense meals to fuel your body.** If you have time to prepare some treats after cooking up your main meals, then by all means, indulge a little, but it's important to prioritize your breakfasts, lunches, and dinners first.
5. **Set aside a weekend afternoon to cook multiple meals for the week.** You can cook full meals and make double or triple portion sizes that can be saved for the rest of the week! This way, you always have something healthy on hand.
6. **Search for recipes that require the same oven temperature so you can knock two dishes out at the same time.** For example, choose a protein and vegetable that require roasting/baking at 350 degrees so you can pop them both into the oven at the same time.
7. **Individually portion your meals right after you cook them so that they are ready to go in glass containers.** This is especially helpful if you work away from home. For example, you may have one portion of salmon, one portion of broccoli, and some sweet potatoes all together in one container and ready to grab out of the fridge.
8. **If you cook lots of extra food, freeze those leftovers!** All it takes is a pop in the oven anytime in the future and you have a homemade, healthy, and quick meal.

I CAN NOT PUT A PRICE ON HAVING MY LIFE BACK.

In July 2020 I entered the program with 32 Problems and Health Issues on my medical record. Several dozen prescriptions. Unable to walk to the mailbox. My parents who are now 86 yrs old have supported me for 11 years. Today I walk several miles a day. 3 prescriptions. Working for the first time in 26 years. Traveling. No brain fog. Grateful for the friendships formed with the folks on this journey in this program. I can not put a price on having my life and health back.

— DONNA W.E.



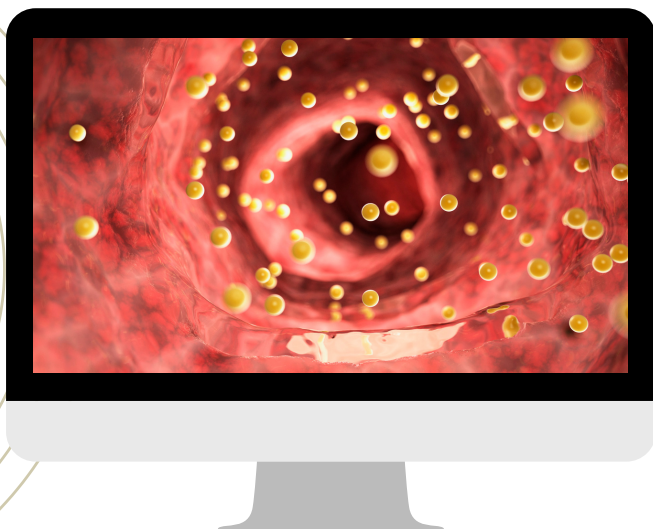
Click the link below to find out more about the Cellular Health Accelerator program and how to regain control of your health.

[*Learn More*](#)

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Having trouble with a leaky gut?

Watch the **FREE TRAINING** & learn to regain control of your health

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