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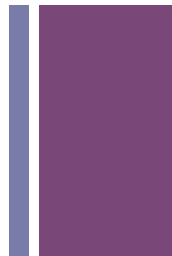
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## Meal Prep For Fat Loss

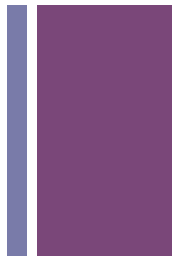
Quick and Successful Meal Planning Guide for the Busy Mom and People Who just don't have time to cook every day.

# + Top 5 Meal Prep Tips for success



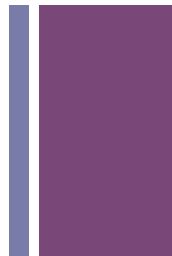
- A Fully stocked fridge with food you actually want to eat is a beautiful thing.
- I think that cooking and doing food preparation is one of the highest acts of self love you can participate in.
- Today, I will show you exactly what I do to set myself up for a week of successful eating.
- Learn how to make meal prep a sacred ritual in your busy life and honor it.

# + 1. Choose your recipes.



- The way I choose my recipes is pretty simple. I want all of my daily meals to include a balanced amount of protein, vegetables, healthy fats, and complex and simple carbs.
- I include some protein with every meal.
- Put together a list of recipes that sound good.
- Change it up every week to make it exciting, I want to taste something new.

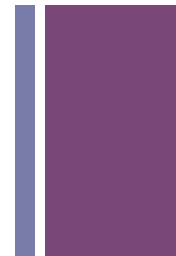
# + Make a grocery list



- Just go through the ingredient list and note what you need to shop for
- Decide if you're going to double them or make the amount it calls for and start writing your grocery list based on the foods you'll need.
- Keep a grocery list on your fridge to write things down on throughout the week.

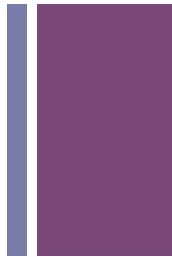


# Set aside some time to enjoy your grocery shopping trip.



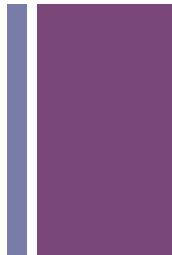
- This is really important. Enjoy shopping. Shop the perimeter of the store first.
- Trying out new recipes every week will take you to parts of the grocery store you have never been to and will discover how much fun it is to eat new things.
- You can split it up!  
I usually do my shopping on Saturday and Food Prep on Sunday.

## + 4. Food Prep Saves Time!



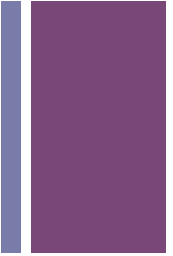
- When you get home, having the recipes is your blueprint to doing this successfully.
- you're batching your time- take 2 hours on Sunday and have 7-10 free hours during the week you would have spend making food and deciding what to eat.
- Your going to be making the best choices for my body all week and not relying on pre-made foods that have too much sugar, have additives or ingredients that might not be optimal for your health.

# + Pro Tips...



- Matching reusable Tupperware containers with leak proof air tight lids are best. Snapware Soultion, Rubbermaid, Glad brands are nice. Glass is always better than plastic.
- I like to start out by turning on some good music!
- I'll wash all of my greens and vegetables (use 1/4 cup apple cider vinegar to a basin of water in your sink and a small vegetable brush).
- Avoid ending with a disaster zone in your kitchen by cleaning as you go.

## + 5. Make it a Weekly Ritual



- You've got to adopt a lifestyle and habits that you can stick to for the long term.
- Don't count calories, count the nutrients! Your body knows that it's full because of volume (how much you ate) or nutrient density (the nutrients in the food you ate).
- Pre and post workout, you need carbs and protein. But if you look at your meals, you've got protein and complex carbs in abundance – why not eat one of your meals that you've taken the time to prepare? Save money on processed protein bars.

# + Success Story- Noot Bauer

- Noot Bauer did the Meal Prep workshop in 2015 and since then has lost over \_\_LBS!

Noots results with food prep:

BEFORE 2014 260lbs

AFTER 2017 198lbs

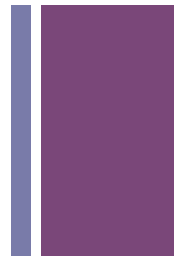
That's 62 pounds down!!

Way to go Noot!!





# Nutrition Guidelines for Healthy Happy Bodies



- Because consistency is the key to success – and to be consistent, you need habits you can sustain. Habits that support your body and its metabolic processes
- Eat real foods. Eat a variety of them. Include protein with your meals.
- Eat complex carbs in the morning and around your workouts, and eat lots of vegetables, fruit and greens.
- Don't avoid fats. Stop eating when you are full. Eat when you are hungry. Let your food taste good!
- Respect your body, don't starve it, don't beat it up with chemicals and junk food.

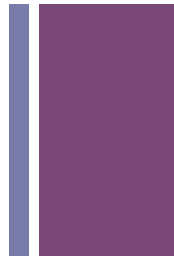
# + Mera's Warriors Meal Planning for Fat Loss \*Special Offer today only

\*Limited to 10 people only, must sign up today to get the special offer.

- **Today Only:** \$149 for Meal Plan Success Program with HANDS ON COOKING CLASS, 1 month of meal planning and recipes delivered weekly.

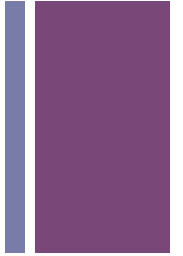
You will receive... \*small group hands on cooking class, \*full cooking demo, \*grocery shopping tour, \*shopping list, \*meal planning for the week \*all recipes \*motivation \*private Facebook group support

*(Normal price is \$250)*





# Complimentary Health Breakthrough Session Opportunity



- I invite you to Sign up after the workshop for a Health Breakthrough Session with Me if you are unsure about what your next steps are.
- 1 on 1- 30min meeting to discuss your personal nutrition needs and lifestyle improvement.
- Receive support to permanently reach your goals.
- Learn about how you are possibly getting in your own way.