



MOFIT

**BEGINNERS
GUIDE TO MEAL
PREPPING**



POWERED BY
HSN

ABOUT US

👋 Welcome!

Thanks for downloading this FREE guide!

- ✗ You don't need to spend 5+ hours in the kitchen to set yourself up and meal prep for the week
- ✗ You don't need to eat the same food every day to see results
- ✗ Meal prep doesn't have to be boring

In this guide, we'll share simple tricks to save time and money, and help you create a meal prepping plan that fuels your body and supports your goals.

At MOFIT in Honolulu, Hawaii, we believe long-term health begins with simple, sustainable habits, like effective meal prepping. Our mission is to help you take control of your fitness and nutrition in a way that truly fits your lifestyle.

Let's make meal prepping simple, stress-free, and something you can actually stick with



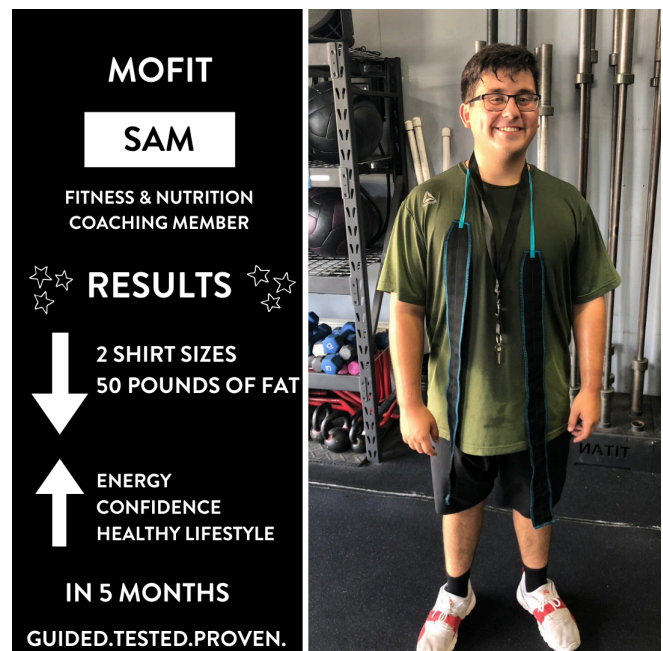
MOFIT
LORENA
FITNESS & NUTRITION
COACHING MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓
5% BODY FAT
35 POUNDS
12 INCHES

↑
STRENGTH
ENDURANCE
CONFIDENCE

IN 5 MONTHS
GUIDED.TESTED.PROVEN.



MOFIT
SAM
FITNESS & NUTRITION
COACHING MEMBER

☆☆☆ **RESULTS** ☆☆☆

↓
2 SHIRT SIZES
50 POUNDS OF FAT

↑
ENERGY
CONFIDENCE
HEALTHY LIFESTYLE

IN 5 MONTHS
GUIDED.TESTED.PROVEN.

Getting Started

Meal prep helps ensure you know what you are eating and when to keep you on track with your health and wellness goals, prevents you from relying on willpower (unreliable), and reduces decision-making fatigue so you don't have to stress over food when you are already tired.

We recommend starting with a goal in mind. Are you looking to lose fat, gain muscle, feel better, or maybe even save money? **Your goal matters; it's the driving force when you don't feel like taking action.**

My goal with meal prepping is:

Next, choose the style of meal prepping you feel is most realistic and fits your (and your family's) preferences. If you prefer fresh meals daily, you might lean towards **Ingredient Prep**. If your schedule is jam-packed, consider preparing grab-and-go meals with **Make-Ahead Meals**.

Common types of meal prep include:

- **Batch Prep:** Make large quantities of protein
- **Ingredient Prep:** Cleaning and chopping vegetables and fruit
- **Make-ahead Meals:** Entire meals pre-cooked and stored
- **Leftovers:** Cook a fresh dinner and night and pack the left-overs for lunch

My preferred type of meal prep is:

Finally, make sure you carve out the time to plan and prep for the week. If it helps, create a recurring date with yourself (and your family) in the calendar similar to a personal care appointment or doctor appointment, and stick to it. The more you do it, the easier it gets.

I will plan and prep for the week on _____ (day of the week) at _____ (time).

Step One: Plan Your Menu Staples

Begin by selecting your menu staples, including protein, non-starchy vegetables, and starchy carbohydrates, to achieve variety and balance. We have some balanced HSN Recipes below for inspiration.

Protein

Pick One

Breakfast:

Egg Muffins

4 Ingredient Protein

Pancakes

Double Chocolate

Overnight Oats

Pick Two or Three

Lunch/Dinner:

Pulled Chicken

Meatloaf Muffins

3 Ingredient Pesto Chicken

Avocado Tuna Salad

Balsamic Pork Tenderloin



Scan here for healthy recipes



Non-Starchy Vegetables:

Pick Two to Three

Roasted Broccoli

Roasted Cauliflower

Traditional Greek Salad

Kale with a Kick

Honey and Sriracha Roasted Brussel Sprouts

Starchy Carbohydrates:

Pick Two to Three

Mashed Sweet Potatoes

Cinnamon Roasted Butternut Squash

Southwest Quinoa Salad

Healthier Stuffing

Cilantro Lime Quinoa

Protein:

Non-Starchy Vegetables:

Starchy Carbohydrates:

Pro-Tip: Use the Plate Method When Planning Your Menu Staples

The HSN Plate Method makes healthy eating simple and visual. By focusing on balanced portions of protein, veggies, carbs, and healthy fats, it supports energy, satiety, and progress without counting or tracking. It's an easy, sustainable approach that works for real life—at home, on-the-go, or dining out.

HOW IT WORKS

1. Make $\frac{1}{2}$ of your plate non-starchy vegetables
2. Make $\frac{1}{4}$ of your plate lean protein
3. Make $\frac{1}{4}$ of your plate carbohydrates
4. Add in a healthy source of fat



*Fat recommendation varies based on fat from protein/meat

Step Two: Create a Grocery List

Follow the steps below to create a grocery list so you know what you need compared to what you have and to help keep you on track when shopping. This cuts down on unnecessary spending, impulse buys, and choosing options that detract from your health and wellness goals.

- **Write Down All the Ingredients You'll Need**
 - Review each meal or recipe and note down every ingredient required
 - Don't worry about quantities yet — just capture everything
- **Take Inventory of What You Already Have**
 - Go through your fridge, freezer, and pantry
 - Cross off (or highlight) ingredients you already own
 - **Pro Tip:** Double-check expiration dates and portion sizes to make sure you have enough
- **Organize Your Final Grocery List by Category**
 - This makes shopping faster and more efficient
 - **Pro Tip:** Use the grocery list on the next page to make this easy
- **Add Quantities Where Needed**
 - Estimate amounts based on your recipes and how many servings you want
 - This helps avoid overbuying or underbuying

Grocery List

Protein

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Fruits & Starch

- _____
- _____
- _____
- _____
- _____
- _____
- _____
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- _____
- _____
- _____

Non-Starchy Vegetables

- _____
- _____
- _____
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- _____
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- _____
- _____
- _____
- _____

Misc

- _____
- _____
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- _____
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- _____
- _____
- _____
- _____
- _____

Step Three: Go Grocery Shopping

Bring your list and stick with it! Don't go grocery shopping when hungry, as it will make it hard to stay on track. Before putting anything in your cart, take a minute to **read the nutrition facts label**. Some foods have health claims on the front, like "whole grains" or "good source of vitamin C," but they could be loaded with sugar.

How to Read a Nutrition Facts Label

1. Serving Information →

2. Calories →

3. Nutrients →

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4. Quick Guide to Percent Daily Value (%DV)

- 5% or less is low
- 20% or more is high

1 Serving Information contains the number of servings in the package and the serving size. All the nutrition information that is listed on the label, including the number of calories, refers to the size of the serving.

2 Calories provide a measure of how much energy you get from a serving of food. The number of calories that you consume depends on the number of servings that you eat.

3 Saturated fat, sodium, and added sugars are nutrients identified to consume less of. Dietary fiber, vitamin D, calcium, iron, and potassium are nutrients identified to consume more of. Total Sugars on the Nutrition Facts label includes sugars present naturally as well as any added sugars that may be present in the product.

4 The % Daily Value is the percentage of the Daily Value for each nutrient in a serving of a food. It shows how much a nutrient in a serving of a food contributes to a total daily diet and helps you determine if a serving of food is high or low in a nutrient.

Step Four: Prep

How many times have you bought something healthy with great intentions, only to have it go bad in the fridge? We are all guilty of this! After you finish shopping, plan time to prep for the week using the meal prep method you chose.

Timing:

If you are doing a crockpot meal, like pulled chicken, go ahead and start that first.

From there, start prepping anything that goes in the oven.

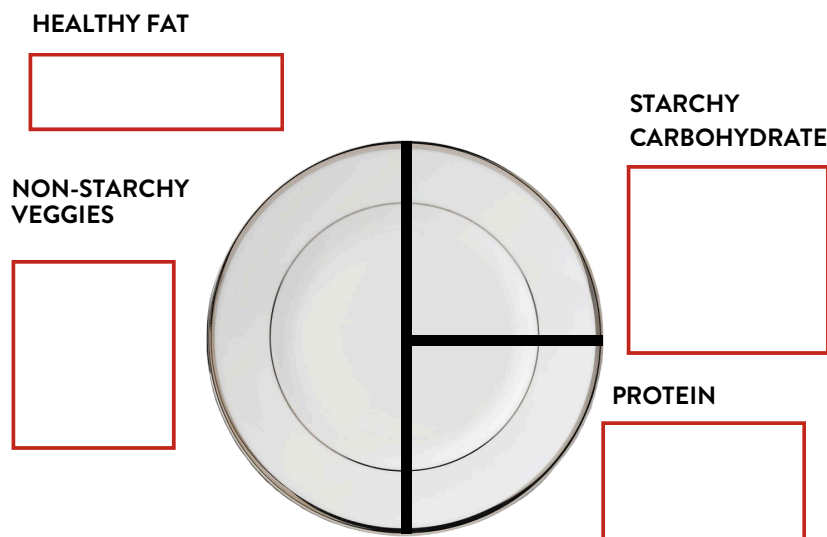
While all of that is cooking, wash, cut, and portion your fruits and veggies for the week.

Here's What It Might Look Like:

1. Start Pulled Chicken (10 minutes prep & cook for 4 hours)
2. Cut veggies for egg muffins
3. Bake egg muffins (Total prep and cook time: 25 minutes)
4. Prep Egg Roll In A Bowl (Total prep and cook time: 15 minutes)
5. Finish preparing and cutting veggies for the week

Step Five: Build A Plate Method Plate

Build your meal using the Plate Method: fill half your plate with non-starchy vegetables, one-quarter with lean protein, and one-quarter with whole grains or starchy carbs. Add a small amount of healthy fat or sauce for flavor and balance. Now, practice putting it all together using the example below.



PROGRAMS WE OFFER

NUTRITION & HEALTH COACHING

Our mission is to help people take control of their health one step at a time to prevent and reverse chronic disease.

At MOFIT we use a habit-based approach paired with accountability and support from your personal nutrition coach. This framework has helped over 50,000 people worldwide.

- ✓ Dedicated Coach Providing Top-Notch Accountability
- ✓ Exclusive HSN App For Habit Tracking, Education & Ongoing Support
- ✓ Habit-Based & Holistic Health Coaching
- ✓ Program Written, Backed & Overseen By The Expert Registered Dietitian Team With Over 60 Years Of Experience

WHAT'S INCLUDED IN THE HSN COACHING PROGRAM:

- ✓ Initial Consultation With Your Nutrition Coach
- ✓ Weekly or Bi-Weekly Calls With Your Registered Dietitian (Based On Program You Enroll In)
- ✓ Weekly Message Check-Ins & Ongoing Support With Your Coach In The HSN App
- ✓ Habit Tracking, Meal Photo Logging & Education In The HSN App

MOFIT PROGRAMS AND CLASS SCHEDULE

- ✓ Personal Training
- ✓ Small Group Training For Personalized Attention (Classes Range From 3-6)
- ✓ Large Group Fitness (Classes Range From 10-16)
- ✓ Expert Coaches To Guide You Every Step Of The Way
- ✓ Encouraging Environment & Community

CLICK HERE TO:
SEE FULL SCHEDULE

Are You Looking For Individualized Support?

Having a plan is important, but having support makes it stick.

Are you ready to stop starting over and finally follow a plan that works?

Join the 50,000 clients around the world who've taken control of their health with the expert guidance and real accountability provided by our **HSN Certified Nutrition Coaches** at MOFIT.

Your goals deserve more than guesswork — they deserve a proven plan and a coach to keep you on track.

We Want To Help You Too! Getting Started Is Easy....

BOOK A DISCOVERY CALL

A discovery call is a brief, casual conversation (typically 15–30 minutes) where we get to know each other a bit and discuss your health or fitness goals.

It's not a sales pitch — it's just a chance for you to share where you're at, what you're struggling with, and what you'd like help with. Then I'll walk you through how our coaching or programs work, and if it feels like a good fit, we can talk about the next steps.

Click the link below to book a discovery call. It's free!

CLICK HERE TO BOOK A DISCOVERY CALL