

livewell
with Jacqueline

The LWJ 2-2-2 Method for Easy Meal Prep





hello I'm Jacqueline

In my years coaching hundreds of clients as a certified holistic health coach there is one common thing all my clients have in common. They have a very challenging time changing their habits. Habits are second nature — our go to, our fall back.

That's why we don't just need support, we need easy solutions to hard tasks... like meal prepping!

That's where I come in! I am giving you some of my tried & true tips to make one habit easier: eating nutritious food! This little guide is jam packed with easy actionable steps that will get you cooking in the kitchen AND enjoying the meal prep you make.

If you're ready for MORE support, let's [book a call](#) and get to know each other better.

Don't let your journey stop here...

Follow me over @livewellwithjacqueline on Instagram for more food, fitness and lifestyle tips! I can't wait to see you over there!

What is meal prep?



Meal prep is a way for you to make a plan.

Planning allows you to reach your goals when it comes to food and fitness. The idea: prep food in advance so you can quickly pull together a meal to satisfy your hunger and also stay on track. When we lack a plan we rely on quick, easy, often unsatisfying substitutes. This is not your mother's leftovers! Making food you enjoy eating is key...let me show you how!



Learning to maximize your time...

Some people can find meal prepping overwhelming ... where will I find an extra 1-2 hours per week?! My trick for you: cook once eat twice! Yep! While you are prepping Sunday night dinner toss chicken breasts + jar of salsa in the crockpot, sweet potatoes in the oven, and while you're at it make enough dinner to serve for a lunch bowl the following day. Starting here will help create a meal prep habit!

So you can transform it into a habit!

We all know that habits are hard to break...and make! But I will promise you this is where you find the freedom and stop the fight. Once you get consistent with the meal prep done while you are already cooking consider tossing in an extra 'mini' prep part way through the week - THIS is the prep that will carry you through the weekend and REALLY help you reach those goals!

YOU MIGHT BE ASKING

Why do we want to meal prep?

TIMING IS EVERYTHING

I know your time is precious. You. Are. Busy! But the reality is we all are...and when you take 1-2 hours/week to meal plan and prep you are actually going to SAVE time, money & mental energy. My clients who see the most success plan their meals but yet are flexible. So let's make a plan & work it!

EAT WHAT YOU LIKE

You need to make foods you will enjoy AND eat. The mistake I see so many people make: they think food has to be bland & boring - no steamed broccoli or dry chicken breast here! Think about it this way - you like tacos so let's make some ground taco meat but keep things interesting by changing up the protein: lean ground beef/shrimp/chicken/turkey. Eating variations of your favorite foods will keep you excited & not feeling bored.

AND EAT IT ON REPEAT

Yes it is a known fact that people who decide to lose weight AND keep it off often eat the same things on repeat...this does not mean BORING! What it means is they have a plan and a rotation - they rotate out foods but often do variations (swap spices, use different sauces) on a theme. This consistency is what brings results!



INTRODUCING

The LWJ 2-2-2 Method

First, pick your protein.

Looking at lean proteins here. Think things like: lean ground beef, bison, sirloin, ground chicken/turkey, chicken thighs, fish/seafood, eggs, and yogurt. Fire up the grill, get out a saute pan, or reach for the crockpot. Pro tip: keeping the same protein but swapping spice blends usually adds enough variety to keep you on track (see below).



Cooking Method

If you follow me on Instagram (@livewellwithjacqueline) you will see I am a #girlwhogrills. I really just love the ease of how I can cook a ton of food all at the same time with lots of flavor and little clean up! If this isn't your jam that's cool - using a cast iron to sear your thighs or an Instant Pot/slow cooker for chicken breasts is a great way to easily meal prep that saves time & energy.

Flavor Maker

Season them well! I find most people want take out or don't like their meal prep because it is bland - we don't have time for eating bland food. I really enjoy certain spice blends - brands like Balanced Bites, Spice House, Penzeys, etc are all great options to add flavor without adding extra calories.

Since you already spiced it up maybe you're like me - give me condiments! Salsa, mustard & hot sauce are all great options. Even my own creation ~Sassy Sauce~ a mix of greek yogurt + any of the above really uplevels any meal prep!

The LWJ 2-2-2 Method



Next, pick your carb.

Our bodies and brains like carbs - so let's prep them! Ideally we are looking for whole food sources: sweet potatoes, white potatoes, white/brown rice, quinoa, etc. Make these in bulk - a big pot of rice or cut up several sweet potatoes & roast in the oven/airfryer. Use them solo or toss in a salad or warm bowl. Having these carbs on hand makes pulling together filling, satisfying meals a snap!

Cooking Method

I have 3 ways I cook my carbs: stove top, oven or airfryer. If the oven is on you better believe I am tossing in 1-2 carbs (think sweet potatoes, squash etc) to cook once eat twice. If I'm in a rush I opt for frozen bags of pre-cooked rice or quinoa - done in 2-4 mins and so easy to serve as a side, a bowl base or on top of a salad. The airfryer never disappoints when I want to make potatoes / fries fast but not turn on the oven - a fave in our house is yukon golds in the airfryer - so yummy & are the closest to french fries!!

Flavor Maker

When it comes to cooking rice I usually stick to water - but don't forget you can easily uplevel by substituting broth! Sometimes I even do 1/2 broth 1/2 coconut milk for a tropical flare to jazz up my white rice (great for poke bowls!). When I am roasting or airfrying potatoes I usually use an olive oil mister, salt and pepper. This can really cut down on fat that is getting lost in the cooking process that you really won't miss (let's save that for things like ice cream, cookies, chips, or steaks!).

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Last, eat the rainbow!

This can feel hard at times - maybe because you haven't explored how you like your veggies! Raw on your plate? How about chopped & tossed together in a big ass salad with a delicious dressing that pulls it together all in one bite? Maybe you love deep flavor from roasting. Finding how you enjoy them may just be the key that unlocks that veggie door. Also they are full of fiber keeping us fuller longer which is super helpful when we are trying to reach our goals!



Cooking Method

I never pre-cook veggies - I just won't eat them! Part of meal prep is knowing what you WON'T eat. But I DO love pre-chopping them and getting them ready for the grill, roasting pan or airfryer. My go to methods are definitely the grill and airfryer b/c I can use little oil/fat yet add so much flavor. I find most people just don't flavor their veggies well - so that is why they don't eat them. Check out my suggestions below!

Flavor Maker

I like to keep my veggie seasonings simple - usually I use an olive oil mister, salt and pepper. Sometimes I add in a drizzle of balsamic & spray of olive oil especially if I am marinating them to grill like I do with broccoli, zucchini, mushrooms and onions.

My other go-to for veggies is lemon pepper. Seriously there is something about the brightness of lemon that keeps the veggies alive - uplevel by even grilling a lemon (it becomes sweet) to squeeze over veggies as it will really pack a flavor punch!

Sassy sauces to level up your prep!

CHIPOTLE LIME

- 1 oz plain greek yogurt
- 1 tsp chipotle in adobo sauce
- 1/8 - 1/4 tsp chile lime salt
- squeeze 1/2 lime

Stir to combine & serve over your fave chicken burrito bowl or drizzle over shrimp tacos.

BUFFALO RANCH

- 1 oz plain greek yogurt
- 1 tsp ranch seasoning
- 1-3 tsp buffalo hot sauce
- squeeze 1/2 lemon

Stir to combine & serve over a bacon chicken ranch salad or shredded chicken stuffed baked sweet potato.

LEMONY GREEK

- 1 oz plain greek yogurt
- 1 tsp greek seasoning
- squeeze 1/2 lemon

Stir to combine & serve over a greek grain bowl with chicken/shrimp or some pulled pork pitas.



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