



## **Healthy Meal Prep: Time-Saving Plans to Prep and Portion Your Weekly Meals**

*Stephanie F Tornatore , Adam W Bannon*

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**Learn how to meal prep like a pro with 12 weekly meal plans from YouTube's popular Fit Couple Cooks, each with 4 unique recipes for 6 days of breakfasts, lunches, and dinners.**

Achieve your health goals, maximize your time, and save money with meal plans and recipes. Planning ahead is the best way to ensure success when you're trying to eat healthy, but figuring out what to make and eat each week can be overwhelming. *Healthy Meal Prep* does the work for you with meal plans and recipes that guide you through preparing a week's worth of wholesome, balanced meals in just a few hours.

- Prep day action plans for each week with step-by-step guidance on how to execute your meal prep.
- Time-saving shortcuts and simple strategies for making meal prep work for you.
- Nutritional information for every recipe to help manage macros and achieve diet goals.

## **Healthy Meal Prep: Time-Saving Plans to Prep and Portion Your Weekly Meals Details**

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## From Reader Review Healthy Meal Prep: Time-Saving Plans to Prep and Portion Your Weekly Meals for online ebook

### **Selena says**

I received a free electronic copy of Healthy Meal Prep: Time-saving Plans to Prep and Portion Your Weekly Meals) from NetGalley. This is a very informative and helpful book for those trying to eat healthy and plan ahead. Meal Prep is more than just a bunch of recipes. It is a resource about portion control of the foods you should eat for a healthy lifestyle. The book is a great guide to help plan meals each week so that you can save time, money, and your waistline from processed foods. The tips and information provide readers with the support they need to prepare the right kinds of foods for their bodies.

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### **Cristina says**

A colorful, friendly primer to meal-prep cooking that includes an introduction to the art of weekly prep, 12 full-fledged weeks of meal plans, and tips and tricks for snacking and storage. Each weekly meal plan offers beautiful photographs, shopping lists and recipes for breakfast, lunch and dinner variations on a theme, e.g. low carb, vegetarian, Asian or Mediterranean. Overall, well organized and extremely useful. That said, if you're not a fan of eating the same meal for a few days in a row, this may not be the book for you. After all, the factory-like assembly of clone meals is basically the *whole point* of meal prep. Variety is the spice of life and I love rotating cuisines as much as the next gal, but I personally have no issue with repeating lunches if it means I can consolidate the tediousness of calorie-counting, macro-fitting, food-scavenging into one day of the week.

As someone who probably spends too much time scouring Meal Prep Sunday and mindlessly pinning meal prep recipes, I fall squarely into this recipe-book's target audience. I've even cooked recipes from the authors' YouTube channel, which is part of the reason I was so excited to check out the book in the first place!

// I received this book free from NetGalley in exchange for an honest review.

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### **Koren says**

I was very interested in this book as a homeschooling mom, looking for a way to make lunches a lot easier for me. I know that meal prepping is a weakness and I really loved the story of this couple who lost weight just by meal prepping and controlling portions.

That being said, I really love the vibrant pictures, especially all the meals prepped side by side, but I just wish there were more of them! Not all the recipes had their pictures by them and if something looks good to me, I want to see it again with its recipe. As a bonus, the book is sprinkled with lots of healthy snacking tips and cooking tips.

I enjoyed looking through this cookbook and I'm excited to start putting some of the ideas in to practice.

Disclosure: I was given an advanced copy of this book by Netgalley.com in exchange for my review.

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### **Anna Zollinger says**

**This review was made possible by NetGalley, who provided a Digital Advanced Release Copy for review (DARC); my review of the material may not wholly reflect the final product upon its publication.**

I love meal prepping. I love healthy, homemade food. I figured this book would be great, but honestly I was a little disappointed in it.

There really isn't much here in the way of tips, advice, or general information on Meal Prep. Instead, it's more like a Meal Plan for a single person household- with a small side of basic information to get you started with following the plans in the book. I did like that they cared about macros, though, and it was a surprising find.

Ultimately, however, there are a few problems I had with it overall in terms of the food presented; firstly, it's obviously geared towards your pretty typical fitness enthusiast. Secondly, they only give you three food options for a full week- and I cannot, personally, stand the idea of eating the same three things all week long. But lastly, the food is just.... Really kind of boring.

That being said, the book is well organized and well designed. There are quite a few full plans, and quite a few recipes in it. So if you're someone who likes that stereotypical kind of health food and want to get into meal prepping? This might be a great book to get your toes wet with. It's just not for me or my family.

I don't know exactly what it is that turns me off of it. I just know that it does, and than I'm not the target audience this book is likely aiming for; think Instagram level, Youtube famous fitness bloggers and you've pretty much got not only the people who wrote the book, but also the people they're likely targeting with it. I'm definitely not one of those people any more than I was the right person for Tara Stiles' book (and, no surprise, I also didn't like it).

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### **Tami says**

I like the idea of this book, but it could have been much better executed. I don't know anyone who likes eating the same meal 3 or 4 times a week so repeating multiple times in a weekly plan pretty much defeats the point of meal-prepping in the first place. I also didn't care for the sameness of each week--in addition to repeating meals, you're also eating, for example, Asian cuisine, at *every* meal

If quick freezing instructions were included with each recipe (or a note that it doesn't freeze well) it would have made designing your own plan with more variety a lot easier..

Beautiful pictures though, as well as every day ingredients you wouldn't have to learn a new language to get.

*I received this book from NetGalley in exchange for a review*

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### **Allison says**

I was really excited to read this book because I have been searching for healthy new recipes to try and meal prep for the week (breakfasts and lunches, primarily). Although there were some tasty-looking recipes here, I wasn't entirely thrilled at the selection. I didn't like the monotony of what a week would feel like - basically rotating three meals between lunch and dinner for the entire week; though I do realize that there are ways to easily adapt this (e.g. make less of one recipe and more variety so it's not as monotonous).

I also would have liked a picture for every recipe - some had them and some didn't - the ones that didn't have an accompanying picture did have a small image on the weekly summary page, but it wasn't enough. The pictures themselves were gorgeous, and I would have liked more.

Overall, not a bad cookbook. There were helpful tips and several intriguing recipes that might be worth a try, but not overly ecstatic it.

Thank you to NetGalley and DK for an ARC of this book in exchange for an honest review.

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### **Janis Hill says**

I would like to thank DK Alpha for providing me with a free ARC of this book, via Netgalley, in exchange for an open and honest review.

I loved the concept of 'Healthy Meal Prep' as I feel a good, routine meal prep is the best way to ensure a healthy, wholefood diet where your energy intake meets your energy output. This is something I am really trying to get back into the habit of right now as do find it the best way to maintain a happy, healthy body/ weight.

So, the actual meal planning information was great. The "how to's" are very good for all skill sets from the beginner to the expert wanting to brush up on their eating. You can tell both authors are totally passionate about healthy meal prep. It really does shine through that they're not just writing a book to make money; they have created 'Healthy Meal Prep' as a way to help others learn how easy and fun it can be to create well balanced, healthy, whole food meals in advance to save us all time and money. I loved their passion, dedication and plain speaking sharing.

However, the formatting, layout and actual meal contents were a letdown for me, sorry. I think, as a paper copy of the book, the size and level of graphics would work really well, but when trying to thumb through an electronic copy it just make the whole experience rather clunky and hard to read. Especially as sentences were cut off mid-way and not caught back up on until after a few pages of graphics. Basic rules of formatting is to not leave sentences hanging like that. It's as bad as having the first sentence of a paragraph at the bottom of one page and the rest on the next page. So the formatting/ layout needs some work.

But, on a more personal note, the foods used in the meal plans were not ones suited to me and this isn't the fault of the authors or publishers at all. I can't eat a lot of things due to allergies and intolerances, including seafood, allium, brassicas and dairy – to name a few. And so the diets shown in these meal plans were not suited to the likes of me. This does not mean it is a terrible meal planning cook book, it isn't! It is a great, simple and easy to follow (despite the formatting) meal prep book. It just means I was the wrong reader and,

due to the foods being unappealing to me, I marked it down. I am such a stinker, I know.

So, the concept and information given was great... but how it was delivered, not so good. And I was also not the best audience for the types of foods listed. The foods are good, please let me emphasise this! I am wrong for the foods, but the foods are not wrong! Yeah, that makes it soooo much clearer, I know! ;-)

Would I recommend this book to others?

I might. I mean, I liked what it covered, felt 'Healthy Meal Prep' covered the topic well... but that layout. Hmmmm, maybe as a paper book the layout would work better? Loved the authors, I strongly recommend people into healthy meal prep looking them up via social media and following them as they have so much to offer... But this book? Really doesn't work in the electronic format.

Would I buy this book for myself?

Pretty sure we all know what I am going to say here, right? This book is not for me. I am not saying it is a bad book at all. Just that I found it uninspiring as the meals just aren't things I can eat. Other people will, I'm sure, find it far more useful.

In summary: Loved the author's passion. For people interested in getting their lives in order through healthy meal prep, there are some good ideas here.

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### **Jennifer ~ TarHeelReader says**

#### **5 helpful, wholesome stars to Healthy Meal Prep ????**

Confession time. I meal prep for the week on Saturdays. It's not pretty. Sometimes I get stressed out because I wreck my kitchen and have to clean it all up, after cooking all day and being super tired. But during the week, I don't have time to cook and am always so grateful that all my meals are prepped. Bonus is that my freezer is always well-stocked, too.

Enter **Healthy Meal Prep**. It does exactly what I wish I would do. It offers a game plan for cooking where things can overlap, and you aren't running around like crazy. ? It's just a more organized use of your time. I don't do this well. I either take way too long making each meal separately from start to finish, or when they overlap, I am freaking out about what's about to burn.

I've seen some negative reviews about eating the same foods repeatedly during the week. Each meal plan offers one breakfast and three main dishes for the week. That is more than I typically make (I am lucky if I can get breakfast and two mains made), and this takes up the majority of a day, especially when you include putting it away in all the containers, labeling, and the yucky cleaning up part. So, yeah, us meal preppers do have to repeat some meals... But if you plan ahead, you can freeze stuff, so that you can have more variety in a given week, and the best bonus—sometimes I get to take a week off because of it! ? ?

Several weeks worth of meal plans are offered. Each with the game plan of how to prep and cook each meal with overlap time-wise. The recipes are clear, and beautiful pictures are included. Also included are simple snack ideas, as well as vegetarian and vegan substitutes, which as a vegetarian, I really appreciated (though

I'm used to lots of subbing). I especially enjoyed the two weeks that were meatless/vegetarian recipe weeks and plan to follow one of them soon from start to finish to see how much time I can save with the game plan. The recipes look delicious. Healthy, low carb, minimally processed ingredients, whole foods. This book is organized well and has me super excited to try a few things.

I **Healthy Meal Prep** five stars because the recipes are fresh and delicious-sounding, the book clearly took a lot of organization, and especially because if this book ends up saving me time (and heartache!) in the kitchen, it'll be worth its weight in gold.

Thank you to Stephanie Tornatore, Adam Bannon, DK Press, Alpha Books, and Netgalley for the digital copy to read and review.

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### **Susan says**

This book is full of beautiful pictures and some good recipes. The premise is to prep for basically a week's meals at a time. Awesome, right? Well, no, because the plan is for you to eat the same breakfast the entire week and then alternate through 3 recipes for lunches and dinners. Basically it is like making one meal and eating its leftovers for the rest of the week. Just like Thanksgiving, it only goes so far before it gets really boring. Another problem for me is that the recipes are grouped by theme. You get an entire week of meatless meals and then an entire week of Asian inspired recipes. Again, that goes back to the leftover concept. I did like that shopping lists were included but again, they were based on the themed weeks so if I started mixing my weeks to add some variety, these become useless. The book is best for either a solo person who just doesn't care that they don't have variation in their food, in which case they probably don't care about meal prepping, or a couple who can combine 2 weeks together and add additional variety to the menu. Sure you can use the book to prep for a family of four, but that is no different than just pulling out a cookbook and making a meal each night. And, I will definitely try some of the recipes, and yes if I were to follow their plan I would probably save time, but at what cost?

A copy of this book was provided by NetGalley and DK in exchange for an honest review.

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### **Kimberly says**

This book is a help when it comes to preparing and cooking meals. It helps the reader to become more organized so they are not wasting valuable time in the kitchen. The plans give one breakfast and three main dishes to prepare for the week. This makes life so much easier. By planning ahead of time, the food can be frozen so throughout the week mealtimes can have variety.

Included is a step-by-step plan for prep day, including shortcuts. Each recipe includes nutritional information so goals can be met. Plus the book is broken into: Cut The Carbs, Meal Prep Favorites, Healthy Game Day and more.

I can see this book fitting into my life perfectly. I will be buying the hard copy of this so I can mark and remember things more easily.

I was given this book by NetGalley and DK in exchange for an honest review.

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### **Leigh Ann says**

I received this book in PDF format from Net Galley.

While I did not receive this book in print format it's absolutely gorgeous and I'm sure it will look great in print.

I wanted to like this book more than I did. The recipes themselves are great tasting and very simple to make, however it's not so much meal prepping as how to portion the same meal to last an entire week. I have meal prepped before and I find it is best to use a few proteins and change up the preparation for lunch and dinner throughout the week (i.e. chicken in a salad and the same chicken with veggie pasta). This book is laid out so that you eat 3 meals (breakfast, lunch, and dinner) all week, and after trying this I was bored to tears by day 3.

The recipes are great, but it's not practical for those who want easy meals to prep, but are not focused solely on weight loss/fitness.

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### **Jenn says**

\*\*Received ARC from NetGalley for a fair and honest review\*\*

I'd rate Healthy Meal Prep at 3.5 stars. While there was some good information in here, this didn't feel like it was meant for the average person. Also, there are only a couple meal options for the week and you eat the same thing over and over, which I personally don't care for. I really wish this book would have gone into greater depth for the meal preps, not just the recipes. I was hoping for something that would not only help me eat healthier, but my family, and realistically kids aren't going to eat the same things over and over, no matter how you rotate it.

In order to read this book I had to download a new reading app, which worked ok, but when my phone died and I had to get a new phone I lost the book and didn't get to read the last 15% or so. When I tried to re-download it wouldn't allow so this review is based on approximately 85% of the book. Though I'm not sure if the last 15% would have changed my review much.

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### **Ashley Hite says**

Stars of YouTube channel, Fit Couple Cooks, Stephanie Tornatore and Adam Bannon complied a fun cookbook to show people how easy it is to prepare healthy well portioned meals throughout their busy week. They have created a series of simple but enticing menus. Each week is then laid out with a "Prep day action plan" showing how to portion and prepare for the week ahead, the recipes with easy to follow steps, and a go-to shopping list to make everything as easy as possible. Although the meals are healthy they are not the run of the mill diet foods. This is a great book for anyone looking to make easy yummy healthy meals regardless of how busy they are.

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## **Amber says**

I really liked the idea behind this book. My only problem, is I can't eat the same thing every day. I can eat a meal for about three meals, and I'm over it. If you can eat a meal more than once, this is definitely for you.

This book is not for families. This is for one person, for three meals a day for six days. It has a three meal a day, six day plan for 12 weeks. Each week has a theme (American, Italian, Asian, Meatless, etc.) It also comes with a grocery list for each week, indicating what you need to purchase.

I was also pleased that it had meals in there that I could actually identify and want to eat. Not too simple, but not overly fancy where you need a culinary background to make them.

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## **Mrs. Europaea says**

I want to start off my saying that this was the best format for a ARC PDF I have received to date. It was clear, easy to navigate and the photography was stellar.

However, after making several recipes I found them to be very bland. Perhaps it is my palette and I need to take the time to enjoy the simple flavors that Tornatore and Bannon promote but I do not know if I will experiment with any more recipes from this book in the future. The Chicken Parm was okay, but the sauce was awful. The protein pancakes were very difficult to flip without tearing and the flavors just didn't wow me for all the trouble they were worth. I also thought it was weird that the authors suggest eating main dishes like Shrimp Scampi cold, but I guess to each their own.

That said, I think the ideas and tips that the authors offer up at a solid foundation for anyone looking for a healthier diet and I would recommend this book as a starting point for them.

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