



MEAL PREP TOOLKIT FOR

Clean Eating

Here's everything you need to get started on your own weekly meal prep for eating clean! Use the following information to calculate your daily calorie needs and macros, and to plan out your weekly menu and shopping list.

A Shameless Plug Reminding You How Else Trifecta Can Help:

If you're interested in getting on a weekly meal plan, but not interested in cooking, let us do the hard work for you! All a la carte options work great with this tool-kit!

Check them out here:

trifectanutrition.com/a-la-carte

With the support of the guide and a little bit of cooking you can expect to:

- Keep your calories controlled to promote weight loss
- Eat more clean by cutting out processed foods and unwanted added ingredients from your food
- Find more balance in your weekly diet, by counting your macros
- Cut down on the amount of money your spending each week on food
- Save time on cooking and shopping
- Become a meal prep master!

B E F O R E Y O U G E T S T A R T E D

Gauge your level of commitment.

Be realistic with yourself and your level of cooking expertise - how much do you want to cook and how often? If you aren't a culinary expert, opt for more quick cook foods, pre-chopped produce and simple recipes.

Tackle your weak spots first.

What meals or snacks need the most attention? If you're eating out every night, but doing alright when it comes to lunches, you may want to start with dinner.

Start small.

Begin by prepping for only 2 to 3 days meals each week. Or start with something easy like breakfast or snacks.

Pick a day to plan and execute.

You can dedicate one or more days per week to prepping. And don't forget to set aside some time to plan for the following week. For many, Sunday works as a great day to menu plan and cook for the week.

Stock up on food containers and cooking equipment you will need.

Having reliable meal prep containers can help you portion your food better, and keep meals tasting fresh and stored safely. And be prepared with any travel coolers if needed.

How Many Calories Should You Eat to Lose Weight?

- It may be beneficial to calculate your current intake first using a calorie tracking app, like Trifecta, to track your daily intake. This way you can adjust your calories more accurately.
- Continue to use a calorie tracking app to help you stay on track.
- Track all foods and beverages you consume, even if it seems like a small or insignificant amount.
- Count calories every day, including weekends and cheat days.
- Be as accurate as possible, scan barcodes when possible and measure your food portions using measuring cups or a food scale.

STEP 1

Calorie Calculator

Use the three step equation on the right to estimate how many calories you should per eating each day to lose weight.

Step #1 - Estimate Your Resting Metabolism (BMR)

Men

Enter Body Weight (lbs): BMR:

Women

Enter Body Weight (lbs): BMR:

Step #2 - Calculate Your Current Calorie Needs (TDEE)

Activity Factor (AF)

- Sedentary AF = 1.2
- Lightly active AF = 1.375
- Moderately active AF = 1.55
- Very active AF = 1.725
- Extremely active AF = 1.9

Men/Women TDEE:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Step #3 - Calculate Calories for Weight Loss

Enter Your TDEE:

(from above)

Daily Calories To Lose Weight:

This is the amount of calories you should eat each day to lose weight.

Calculate Your Macronutrient Needs for Weight Loss

Use this chart to estimate how many grams of protein, fat and carbs you should be eating each day to meet your calorie goal and promote more fat loss.

Tips for Success:

- **Your % of calories from all three macros should equal 100%**
- **Using a macro friendly app, like Trifecta, to track your daily macro intake.**

STEP 2

Macro Calculator

Enter Body Weight (lbs):

Enter Daily Calories:

Protein Needs

Grams of protein per day you should eat:

Calories you will be getting from protein:

% of calories from protein:

Fat Needs

Grams of fat per day you should eat:

Calories you will be getting from fat:

% of calories from fat:

Carbohydrate Needs

Your combined fat & protein calories:

Daily carbohydrates calories remaining:

% of calories from carbohydrates:

Grams of carbs per day you should eat:

Daily Macro Needs

%P

%F

%C

How Much Should You Spend Per Week on Meal Prep?

You can estimate how much you should be spending on food each week using the national average (\$690 a month or \$173 each week), or by calculating how much you are currently spending on food, including restaurants, and adjusting accordingly.

STEP 3

Tips for Success:

- **Look for items on sale and stock up on non-perishables when they are on sale like dried beans and grains, and canned and frozen.**
- **Swap out expensive foods for a less expensive but similar option. Such as cranberries in place of goji berries or brown rice instead of quinoa.**
- **Look for what's in season - it's usually traveled shorter distances to get there, meaning it's fresher and probably cheaper than during out of season.**

Plan Your Weekly Menu

STEP 4

Tips for Success:

- Take note of what foods you already have on hand, including seasonings and oils. And build your menu off of these.
- Use simple recipes with less than 5 steps and less than 5 ingredients.
- Use versatile ingredients that can be flavored multiple ways or used in multiple recipes, like grilled chicken breasts, potatoes, steamed rice, etc.
- Think about which options can be cooked together to reduce prep time, like cooking all of your veggies and meat on a large sheet pan at once.
- Consider large batch cooking like crockpot stews, pulled meats, etc. that you can use multiple ways or freeze leftovers for next week's menu.

Best Whole Foods For Weight Loss

When it comes to weight loss, consistent calorie control is the most important factor in determining your success. But the quality of your food choices still matter. Utilizing a macro balanced approach can help you lose more body fat and choosing more nutrient dense foods might help you manage your mood, appetite and energy levels better. Here are some suggested foods to include on your weight loss meal plan:

Best Foods For Weight Loss

Lean Proteins:

Chicken and Turkey
Grass-fed meats
Egg Whites
Fish and Seafood
Tofu
Non-fat Dairy

Healthy Fats:

Avocados
Nuts
Seeds

Drinks

Water
Sparkling Water
Tea and Coffee,
Unsweetened
Flavored Water With
No Added Sugar
Wheat Grass or Green
Veggie Juices Made
Without Fruit
Artificially Sweetened
Beverages

High Fiber Carbs:

Whole Grains
(Brown Rice, Quinoa, etc.)
Beans and Lentils
Sweet Potatoes
Winter Squash
Edamame
Peas
Corn

Non-Starchy Veggies:

Dark leafy Greens
(Spinach, Kale, Arugula, etc.)
Cauliflower, Broccoli,
and Brussel Sprouts
Mushrooms
Carrots, Beets, Celery
and Radishes
Tomatoes, Zucchini,
Summer Squash, and
Peppers

Fruits:

Melon
Berries
Fruits with a Peel
(Apples, Oranges, Pears, etc.)

Foods To Avoid



Just as nutrient dense foods can help you to be successful, some foods can make your progress a little harder. Cutting out or limiting these processed foods and ingredients will not only clean up your diet, but may also help you cut more calories and improve your overall nutrition:

Added Fats:

Added Oils and Butters

Cheesy and Fried Toppings

High Fat Dressings

(Mayo, Creamy Sauces, etc.)

Fried and Breaded Foods

Added Sugar:

Natural and Processed Sugars

(Agave, Maple Syrup, Table Sugar, etc)

Sugar Sweetened Beverages & Soda

Fruit Juice

Desserts, Candy & Sweetened Foods

Processed Foods:

High Sodium Foods

High Calorie Packaged Snacks

Artificial Ingredients and Preservatives

Create Your Shopping List

Once you know your weekly menu, write out each recipe you plan to cook or prep. Then add up multiple use ingredients to create one list of all the ingredients you need and how much of each.

Tips for Success:

- Shop the perimeter of the grocery store and stick to whole foods like fresh produce, meat and dairy. And if choosing packaged options be sure to read the ingredients!
- Look for where frozen, canned or dried ingredients can be used – they are minimally processed, have a longer shelf life and tend to be more budget friendly.
- Shop different stores and online to get the best deals you can find.

Let Us Help!

Feeling overwhelmed or just want ready made meals delivered to your door each week for less than what most people spend on groceries?

**Check out our
clean meal plan here:**

trifectanutrition.com/clean-eating-meal-plan

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MEAL 1							
MACROS							
MEAL 2							
MACROS							
MEAL 3							
MACROS							
MEAL 4							
MACROS							
SNACKS							
MACROS							
TOTAL MACROS							

