

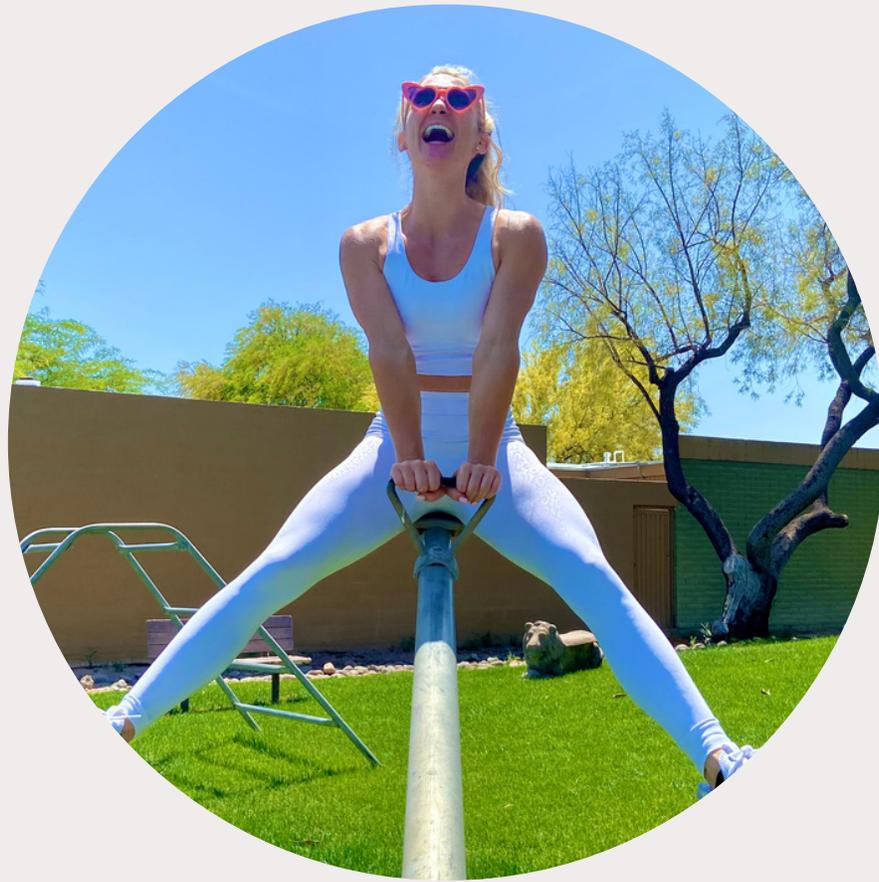
ZOË SCHROEDER NUTRITION

MEAL PREP

RECIPE

BOOK

EXCLUSIVE



Hi there! My name is Zoe Schroeder and if you're reading this, that means you attended my Masterclass on How to Lose Weight WITHOUT Dieting. As a thank you for attending, I put together four of my MOST POPULAR Meal Prep friendly recipes along with some of the same tools for success that are usually reserved specifically for clients in my One on One Coaching Program. At the end, you will find an EXCLUSIVE offer reserved ONLY for Masterclass Attendees. The Presale for my latest launch, FAT LOSS FOUNDATIONS - 12 Week Group Coaching Program STARTS NOW! To take advantage of this special pricing offered only to you and receive a **FREE 1:1 Coaching Call** with me to start you off strong.

Zoe Schroeder



Let's Talk: Meal Prepping

Some of the main benefits of Meal Prepping are that it reduces your grocery bill, keeps you on track with your nutrition goals, minimizes the stress that usually accompanies planning your meal, and reducing the likelihood of those extra, junk foods ending up in your grocery cart! Now, don't feel pressured to Meal Prep...There are always gonna be outside factors that determine whether meal prepping is truly realistic for you or not. However, if you want to give it a try, here are some tools to give you the highest chance of success!



Meal Prepping: HAVE A PLAN

FIRST

Determine what day you're going to dedicate to Meal Planning. Is this the day you grocery shop? is this something you do the night before? Do you want to go online and shop the sales at your local grocery store and base your plan around that? Shopping online is extra helpful if you are extra susceptible to adding extras to your cart! Try curbside pickup or delivery to save both time and energy!

NEXT - FOCUS!

Identify what plan is going to be the most realistic for you to implement. Start setting up your meal plan by picking out your recipes. Shop your freezer and pantry first so you have a good grip on what you already have on hand. Keep the mindset that you want to create a plan that uses things you already have FIRST, and then supplements with sale items, then finally, deciding what full priced things you need to buy.



Meal Prepping: TRICKS OF THE TRADE

Remember the goal is to come up with a plan that you can incorporate into your lifestyle while still doing what's best for your family and sticking to your nutrition goals!

Make Extra Portions for the Freezer - Make your own homemade freezer meals! When you meal prep, consider portioning some of your recipe into a freezer safe container or freezer ziploc bag for the next time you're HUNGRY NOW but short on time. This way, you always have a healthy, homemade option on hand! If you get in the habit of doing this every time you make a big batch of something tasty like my Homemade Budget Chili or Veggie Packed Meal Prep Meatballs, your freezer will be full with a variety of healthy options before you know it!



Meal Prepping: TRICKS OF THE TRADE

Utilize the Power of Batch Cooking

Make one large meal that you can portion out for the week, soups, casseroles and sheet pan meals are great options for batch cooking. Appliances like air fryers, crockpots and pressure cookers have opened up a whole new world of batch cooking possibilities. Maybe at the beginning of the week, cook up a large sheet pan of roasted veggies to have as an easy, healthy side throughout the week! Batch cook components of a meal instead of whole recipes i.e baked chicken to use in pasta, quesadillas or rice bowls throughout the week

Pre-Prep that Produce!

Make it easier to have those veggies for a snack or use them for a recipe throughout the week! Wash, cut and portion the veggies right when you get home from the grocery store and see how much time it saves you throughout the week! Also, when youre busy and running around don't you think you're going to be more likely to grab the cut carrots and greek yogurt if you've already prepped them earlier in the week than if you had to wash and cut them on demand?



MEAL PREP RECIPE COLLECTION

1. VEGGIE PACKED MEAL PREP MEATBALLS

These lean, high protein, veggie-packed meatballs are the perfect thing to make for your next meal prep! I had these for dinner, leftovers for lunch, and I even put the remainder in the freezer for when I need a healthy protein source in a pinch.

2. WHITE CHICKEN ENCHILADA CHILI

Perfect easy recipe to make to keep you warm and cozy on cold nights! Also great meal prep because it makes a big batch!

3. VEGGIE PACKED TUNA SALAD

I know it is not everyone's fav, but canned tuna fish is actually such a convenient, easy, and affordable protein source!

This veggie-packed tuna salad is high protein but also high in fiber! So that means it's filling AND satisfying!

4. LEMONY BLUEBERRY PROTEIN MUFFINS

it is delicious, nutritious, and the perfect addition to breakfast, snack, or as a dessert! ☺ Go make these ASAP and let me know how you like them!

Veggie Packed Meal Prep Meatballs

Ingredients

- 1 cup Kodiak Pancake Mix
- 1/4 cup Stevia Powder
- 1/2 cup Skim Milk
- 4 ozs Unsweetened Applesauce (1 single cup)
- 1 tbsp Lemon Juice
- 1 tsp Vanilla Extract
- 1 Egg
- 1 1/2 cups Blueberries

Directions

- Add all ingredients to large mixing bowl and mix together well.
- Add MOST of the blueberries, about 1 cup.
- Line a muffin tin and evenly distribute batter.
- Top with remaining blueberries.
- Bake at 350 degrees for 25 minutes.
- Let cool and ENJOY!

Notes

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White Chicken Enchilada Chili

Ingredients

- 4 cups Low Sodium Chicken Broth
- 2 cups Green Chili Enchilada Sauce (1 can)
- 15 1/4 ozs Low Sodium Canned Corn (1 can)
- 15 ozs Canned White Beans (1 can)
- 1 tbsp Minced Garlic
- 1/2 White Onion
- 2 pieces Chicken Breast
- 1 tbsp Paprika
- 1 tsp Oregano
- 1 tsp Cayenne Pepper
- 1 tsp Cumin
- 2 tsps Black Pepper
- 1/4 cup Lime Juice
- 1/4 cup Nonfat Plain Greek Yogurt

Directions

1. Add chicken broth, enchilada sauce, corn, beans, garlic, onion, chicken breasts, seasonings, and lime juice to an instant pot.
2. Pressure cook for 10 minutes.
3. Shred Chicken.
4. Add yogurt, stir, and serve.
5. Garnish with cilantro, cheese, avocado, and lime to liking. Enjoy!



Veggie Packed Tuna Salad

Ingredients

- 6 ozs Chunk Tuna In Water (2 - 3 oz cans)
- 1 cup Cherry Tomatoes
- 1 cup Diced Cucumber
- 1/2 Avocado
- 1/3 cup Plain Nonfat Greek Yogurt

Directions

1. Mix the ingredients together in a large bowl. Add black pepper to taste.
2. Serve on a whole grain or lettuce wrap, with veggies, with crackers or enjoy it just as it is!



Notes

Makes a great bulk meal

Lemony Blueberry Protein Muffins

Ingredients

- 1 cup Kodiak Pancake Mix
- 1/4 cup Stevia Powder
- 1/2 cup Skim Milk
- 4 ozs Unsweetened Applesauce (1 single cup)
- 1 tbsp Lemon Juice
- 1 tsp Vanilla Extract
- 1 Egg
- 1 1/2 cups Blueberries

Directions

1. Add all ingredients to large mixing bowl and mix together well.
2. Add MOST of the blueberries, about 1 cup.
3. Line a muffin tin and evenly distribute batter.
4. Top with remaining blueberries.
5. Bake at 350 degrees for 25 minutes.
6. Let cool and ENJOY!

Notes

Enjoyed best when shared





Group Coaching Pre-Sale Offer

NOW'S YOUR CHANCE! This EXCLUSIVE offer was ONLY released to "**How to Lose Fat This Summer Without Dieting**" attendees. This offer will never happen again and there will never be another chance like this! As a Masterclass Attendee, you have the exclusive payment option of

4 payments of \$188 AND a free 1:1 call with me!

This offer is only good until 6/13 so if you're FINALLY ready to get SERIOUS about FAT LOSS this summer, make sure to take advantage of this opportunity NOW.



APPLY NOW