

7 Easy Steps To Prep Food & m.e.l.t. Fat

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Hey whats up,

Food prep sounds way harder than it actually is! As you will learn, all you need to do is leverage your food prep so you're spending less time and getting more done.

But first, we must get these 2 misconceptions out of the way:

- You need an hour plus every night - WRONG.
- You have to eat the same food all the time (this is huge misconception to eating clean in general – WRONG.

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1. Schedule your lunches/dinners – know what you're having and when at least one week ahead.
2. Leverage your meals by picking 1-3 proteins per week that you can use for multiple, quick n tasty recipes.
3. Find 30 minutes to strategically grocery shop every week: Write out the list you need and stick to the plan!
4. Carve out one hour for food prep that will work for you on most weeks. Note, this hour might be at 7:00 am on a Saturday or at 9:00 pm at night when you're watching your favorite TV show. I know some of you just have insane schedules (myself included) but what are our options? We either "do" (eat clean) or do not but if you don't make the effort you will not see the ultimate change you seek.
5. Leverage your time:
 - a. Cook multiple proteins at once either on the grill or George Foreman (3-15 minutes)
 - i. If you're super busy, cook for two weeks at once and freeze one week.
 - b. AS that is happening, hard boil your eggs (requires minutes of your actual time)
 - c. Then cut and portion your vegetables. If you don't have time for this, buy the pre cut options. (10-15 minutes)
 - d. Then portion out and plan your snacks – literally lay them out in a cabinet or fridge. (10 minutes)
6. Get a m.e.l.t. lunch box or at least another lunch box that is sleek, sexy and fits everything you need.
7. Stack your surroundings
 - a. Keep your non-perishable clean snack of choice in your desk, purse or car. Lets say this the clean snack is almond, have the entire bag of almonds along with a cup or bowl for you to portion them – don't eat out of the bag!

- b. Split your m.e.l.t. greens in half and put the other half into a zip lock bag to also keep in your desk, purse or car.

Once you follow these steps, you can decide to either cook every recipe ahead (v.s just getting the food ready) or finish the recipe the night before or day of – in which case you'll just need 5-10 minutes.

The choice is yours.

You are more discipline than you give yourself credit for and you're not as busy as you think are.

Give this a shot for a short period of time and you'll love the results - you wont ever want to go back.

JC