



# MASTER YOUR (**VEGAN**) MACROS CHALLENGE

DAY FIVE



## KEY POINTS

Today we're going to be discussing meal planning & meal prep.

In my opinion, meal planning & prep is one of the biggest acts of self-care you can do for yourself. By taking some time to plan and prep ahead you will set yourself up for success for the week ahead as well as making life so much easier for yourself!



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## TASK FIVE

For MAXIMUM results, it's best to keep things as simple and straightforward as possible.

You can, technically, eat anything you like as long as it fits within your macronutrient goals and timings, however, as we've discussed previously, to get the body-composition changes you desire, you need to be eating mainly whole foods and lean protein sources.

### **DON'T OVERWHELM YOURSELF!**

If you try to complicate things and come up with extravagant meal plans, unless you have an abundance of time and you love to cook, you will just end up overwhelming yourself.

It's totally fine to find staple meals and stick with them for a week or two, and then change it up after that.



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## TASK FIVE

### HOW TO MEAL PLAN & PREP SUCCESSFULLY

I will normally bulk-cook the same thing for the whole week, maybe switching up my evening meals now and then if I feel like it, and repeat this process for the full 10-12 weeks.

This means I have less to think about, and it's less overwhelming knowing I have a plan in place.

In fact, studies have shown that goal-setting literally alters the structure of your brain so that you perceive and behave in ways that will cause you to achieve those goals!

How cool is that? So basically, planning ahead not only sets us up for success because we're prepared, our brains see the plan and steer us to making it happen.



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## TASK FIVE

### HOW TO MEAL PLAN & PREP SUCCESSFULLY



Start by making as many meals as you can



Aim to work on a 2-3 week meal plan



Weigh and measure and store ingredients such as smoothies or overnight oats



Pre-chop any veggies you might want to snack on every 3-4 days



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## WHAT TO POST IN THE COMMENTS OF TODAY'S TASK



DON'T POST SCREENSHOTS OF THE  
WORKSHEET - PLEASE REPLY DIRECTLY IN  
THE COMMENTS ON TODAY'S TASK POST

1. What is the main thing holding you back from being able to meal-plan & prep successfully

2. Where can you take some time to be able to fit meal planning & prep into your week so it becomes a habit?