

Meal Prep Sheet

If you decide you want to meal prep and be as precise as possible. This sheet will make it easier to input the meal into your calorie tracking app after.

This also can also be helpful for tracking a meal that you are preparing for multiple people or when making a recipe that you want to track.

How to use this sheet

1. Track the number of servings of each ingredient going into the meal
2. Weight all the food combined once its done cooking
3. Decide how many meals you wish to break into
4. Divide the total weight / by number of desired meals = each meal weight
5. Divvy each serving into your meal prep containers
6. In MyFitnessPal create your meal by going to More -> My meals -> create recipe Enter the amount of servings from each ingredient and the number of meals you made. Save the recipe to enter when you eat the prepared meal



Meal Prep / Recipe Tracker

Ingredient	Measured Amount	/	Serving Size	Number Of Servings

Total Weight	/	Number of Meals / Servings	Weight Per Serving

Coaching

Interested in achieving your weight loss goals? I'm here to help, as a coach I can assist you through your weight loss journey. If your interested, start by booking a [free consultation call!](#)

Connect with me on my various social media platforms for content related to health, dieting, and meal prep.



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CHUBBIE**

