



MEAL PREPARATION GUIDE

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ABOUT:

I learned to master cooking & meal prepping a few years ago when I began preparation for my first men's physique competition. There were a lot of ups & downs, however I quickly learned that cooking, measuring, & eating clean food for an extended period of time was the fastest & easiest way to see changes within my body. On top of that I realized that GRADUAL CALCULATED changes to not only my training & cardio but to my food & my diet was key. When jumping into a diet people expect fast results, which is rarely the case. You must allow your body to adjust through the process of making minor adjustments over time, because if you're not careful, your body can backfire & do the exact opposite of what you are working towards.

I also have learned a variety of tricks when it comes to meal prepping & is not as bad as some people may seem to think. I have created this in depth guide sharing what I know about preparing my meals to hopefully help you out in your fitness endeavors!



CONTENT:

- Cooking foods in bulk vs cooking individuals meals
- What you need to properly & effectively meal prep
- Healthy seasonings & additives to make your meals more desirable
- Cooking hacks & creative ideas
- On the go ideas for those busy days
- Cooking oils, specific uses & benefits



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WHAT IS MEAL PREPPING?:

Meal prepping is cooking food for future use. It's extremely useful for anyone to learn because it helps with portion control & making healthier choices when choosing what to eat. Finding the time to meal prep is the most common excuse that I hear. This should never be the case. Everyone has the same exact 24 hours in a day to prioritize what's most important to them. Without meal prepping, it will be nearly impossible to achieve any health or fitness goal that you may have. This is due to the demand of attention to detail when it comes to dieting. Once you commit to meal prepping & prioritizing your health, you will find it easier to manage & with some of the helpful tips in this guide, meal prepping will become an easy part of your lifestyle.



TYPES OF MEAL PREPPING:

There are a few different ways in which you can prepare your food & this can be different for everyone depending on what they prefer:

INDIVIDUAL MEALS:

You may cook & portion your meals out one by one in bulk to store for the future. I do not typically prepare my meals like this, however I would recommend this method for those that just like to 'grab & go" if they tend to be busier during the day.

BULK COOKING:

This method I prefer which is where you cook & prepare all food items individually in bulk for storage. Then throughout the day/week I will portion out my individual meals from the cooked bulk items to eat. I find this a lot faster when cooking however does take a little more time when portioning out.

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WHAT YOU'LL NEED:

ACCESS TO A KITCHEN OR ALTERNATIVE:

You will need access to a fully functional kitchen to cook your food. HOWEVER, if you do not have access to a fully functional kitchen (traveling or whatever) you should invest into an electric skillet/hotplate. I used to live in a college dorm not too long ago that didn't have an oven or stove, however that never stopped me from properly meal prepping.



FOOD SCALE:

Any food scale will work & they are relatively cheap. It may take some time getting used to but a food scale is an essential tool you will need in order to weigh out your food accordingly. Weighing your food will become very easy to get used to & is an essential habit to acquire.



HIGH QUALITY FOOD STORAGE CONTAINERS:

I would highly recommend investing into GLASS tupperware to use for food/meal storage. The reason is that any plastic tupperware does have chemicals that affects your food & can affect your health, especially when heated in a microwave (EVEN IF IT SAYS BPA FREE).



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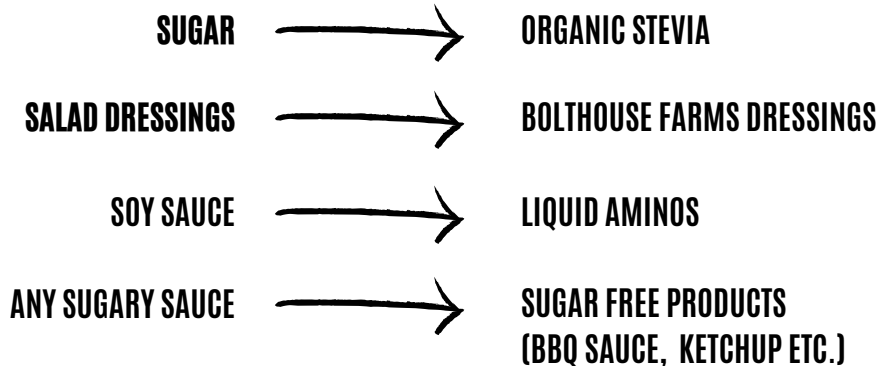


HEALTHY TOPPINGS & SEASONINGS:

MAKING YOUR HEALTHY MEALS TASTY:

Eating healthy doesn't always mean having dry, bland & boring food. There are a variety of ways to make your meals more appealing & tasty. I have described below a few helpful seasonings & condiments that can make your food go 0-100 within seconds.

THIS FOR THAT:



SEASONINGS

I like to use seasonings before, during & after cooking. Here are a few of my favorites:

- | | |
|----------------|---------------------------|
| cilantro | cinnamon |
| basil | peppercorn |
| parsley | pink salt |
| paprika | Bragg's Nutritional yeast |
| cayenne pepper | onion & garlic powder |
| turmeric | |

FLAVORING TIPS

Sauté vegetables like onions, garlic, bell peppers & mushrooms with food to create flavor.

Utilize pico de gallo, salsas & hot sauces to add a kick to your meals.

Fruits with high acidity (citrus) like lemons & limes can be used to flavor meats, veggies & rice.

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COOKING MEATS & VEGGIES IN BULK:

COOKING MEATS IN BULK:

1. Start prepping chicken by trimming all the extra fat off & rinsing each breast or piece under warm water.
2. BRINE your chicken by filling up a large bowl with warm water & add the chicken with a generous amount of pink salt to the water. Let stand for about 20 minutes.
3. Pre - heat oven to 425°. Take chicken out, rinse & pat dry so chicken doesn't boil but roasts while cooking.
4. Dry rub your favorite seasonings onto the chicken & place in oven. Cook for 22-25 minutes.



COOKING VEGGIES IN BULK:

Prepare your veggies with olive oil & any of your favorite seasonings on tray for baking. Pre-heat oven to 425° & follow the guidelines below for best results:

- Root vegetables (beets, potatoes, carrots): 30 - 45 minutes
- Winter squash (butternut squash): 30 - 45 minutes
- Crucifers (broccoli, cauliflower, brussel sprouts): 15 - 25 minutes
- Soft vegetables (zucchini, summer squash, bell peppers): 15 - 20 minutes
- Thin vegetables (asparagus, green beans): 15 - 20 minutes
- Onions: 30 - 45 minutes (until desired)

RICE & VEGGIE HACK

I typically utilize a rice cooker for my rice as opposed to the microwavable rice products. As for veggies i like to steam them in the microwave utilizing the microwavable veggie products you can find at any grocery store. You can also utilize an air fryer for your veggies for a more crisp & dry cooking method.

ASPARAGUS & SWEET POTATO HACK

ASPARAGUS:

Wrap a handful of asparagus in a paper towel & microwave for 3 minutes.

SWEET POTATO:

Wrap large sweet potato in microwaveable plastic wrap & microwave for 5 min or until desired.

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HEALTHY SNACK IDEAS & PROTEIN SHAKES:

Choosing what types of snacks to eat when dieting is a key part in sustaining healthy eating habits & can even prevent you from overeating or binging. Below I have listed a few healthy snack ideas for you:

- Low calorie popcorn
- Rice cakes with almond butter/canned tuna/deli meat
- Unsweetened dark chocolate (> 60% cacao)
- BCAA smoothie (add bcaas to water & ice blended)
- Non-fat plain greek yogurt with fruit
- Apple slices with almond butter
- Banana with almond butter (half banana for females)



BREAKFAST/POST WORKOUT/BEDTIME SHAKE IDEAS :

CUTTING SHAKE IDEA :

- 1/2 cup frozen fruit
- 5 oz egg whites
- 1 tbsp almond butter
- 2 scoop isolated whey protein
- 1/2 tbsp organic stevia
- cinnamon for flavor
- fill rest with unsweetened almond milk & ice

BULKING SHAKE IDEA :

- 1/2 cup frozen fruit
- 5 oz egg whites
- 30 g measured dry oats
- 2 scoop whey protein
- 1 tbsp almond butter
- 1 tbsp honey
- 1/2 banana
- fill rest with unsweetened almond milk & ice

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BEST OILS USED FOR COOKING:

It's very important to use the correct cooking oils when meal prepping as they do have a big impact on nutritional value & impact on the quality of your food.

Here is a list of the most beneficial cooking oils to utilize when meal prepping:

Coconut oil - high in saturated fat however is beneficial in low temperature cooking methods.

(Chicken, ground turkey, eggs, rice)



Avocado oil - contains both monounsaturated and polyunsaturated fatty acids. High smoke point & best used for foods that you cook at a higher heat. Little to no flavor & creamier consistency

(Red meats, vegetables)



Extra virgin olive oil - one of the most versatile and healthy oils to cook with & consume. contains a large amount of monounsaturated fats and some polyunsaturated fatty acids. Beneficial for lower-medium temperature cooking methods.

(Chicken, potatoes, vegetables, rice)



WHICH OILS TO USE & WHEN

Coconut oil



Chicken - ground turkey - eggs - rice

Avocado oil



Red meats - vegetables

Extra virgin olive oil



Chicken - potatoes - vegetables

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