



NUTRITIONAL FREEDOM

component meal prep guide

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what is component meal prep?

Component meal prep is a proposed alternative to the more traditional recipe-based meal prep. You know what I mean... Scouring Pinterest for hours, looking for healthy recipes and trying to piece them together to create what will hopefully result in a week's worth of healthy meals.

In most cases, you end up eating grilled chicken with sweet potatoes and steamed broccoli for lunch, and turkey chili for dinner all week... Or at least until Wednesday, at which point you get so bored that your meal prep ends up in the trash while you're in line at Chipotle.

(Yeah, been there.)

So this meal prep methodology is less about planning and cooking meals, and more about thinking in versatile ingredient components.

Basically, you'll select a variety of ingredients from several different categories (protein, fat, veggies, fruit, plus pantry & freezer staples). You'll then season & cook each one super simply, and combine them throughout the week in various bowls, salads, wraps, stews, stuffed potatoes, etc.



what about a meal plan?

At NF, we know that meal plans don't work.

And you know it too. Think about it. If meal plans did work, you probably wouldn't be here. After all, who really has the authority to tell you to eat salmon for lunch next Wednesday?

What if you don't like salmon?

Who wants to be the girl who reheated salmon in the break room microwave?

And what happens *after* the meal plan is over?

Exactly.

For those reasons and more, we practice a "teach a man to fish" approach in NF when it comes to meal planning and meal prepping. We prefer to teach you *how* to think about crafting a variety of meals that satisfy and nourish you, rather than handing over some arbitrary, cookie cutter meal plan.

You know how the saying goes: Give a woman a meal plan and she'll eat for 4 weeks... Or until she gets too hungry, or gets bored by the food. Teach a woman to component meal prep and she'll feed herself for a lifetime.



how to use this guide

Consider the following pages your cheat code for putting together nourishing, delicious, and variety-filled meals each week.

Start with the sample grocery list provided. This should provide you with some inspiration for ingredients that you can turn into components. The grocery categories align with your component categories: protein, fat, veggies, fruit. There's also a space for your pantry and freezer items. Pro tip: these categories also coincide with the layout of most grocery stores, which makes shopping super easy.

The sample prep instructions show you what a week's worth of components might look like. I tend to plan them in terms of flavor + cooking method + ingredient. For example, balsamic roasted mushrooms and garlicky sautéed kale.

Ok, now it's time to really get started. Print out a copy of the blank grocery list and blank prep instructions and begin filling it out.

I personally like to start with the veggies. Choose the following: 1 raw leafy green, 1-2 cruciferous veg, 1 starchy veg, and 2-3 other colorful veg

Note them on your prep instructions sheet using the "flavor + cooking method + ingredient" format and then write down the ingredients you'll need in the proper category on your grocery list.

Then pick your protein(s) and any additional fat(s) that you'll need for your week's meals. Add them to your prep plan and note any ingredients you'll need on the grocery list.

Now that all your components are in, write out a brief prep plan. Think about what will take the longest to cook, what needs to be marinated, etc. so you cook things in a logical order and dirty the fewest dishes.

Scan your prep plan and grocery list one more time to see if there's anything else you're missing-- more pantry or freezer staples, toilet paper, etc. You can also add a few other "accessories" here to complement your week of mix-and-match meals. Get a pack of Siete tortillas and a fresh pico de gallo 'cause you can never go wrong with tacos. You might want grab some extra condiments, fresh herbs, or Everything Bagel seasoning to jazz things up. Then it's off to the store!

sample grocery list

PROTEIN

Tuna	Pork
Salmon	Bacon
Beef/bison	Sausage
Lamb	Deli meat
Chicken	Smoked salmon
Turkey	Tofu
Eggs	Tempeh

FAT

Olive oil	Coconut butter	Pecans
Avocado oil	Coconut flakes	Pistachios
Butter/ghee	Hazelnuts	Pine nuts
Cheese	Macadamia	Walnuts
Avocado	nuts	Pumpkin seeds
Olives	Almonds	Sesame seeds
Coconut milk	Brazil nuts	Salad dressings

VEGGIES

Greens:	Cruciferous:	Broccolini	Starchy:	Other:	Tomatoes
Romaine	Brussels sprouts	Kohlrabi	Potatoes	Cucumber	Zucchini
Bibb	Kale	Turnip	Corn	Leeks	Artichoke
Swiss chard	Collard greens	Radish	Peas	Celery	Beets
Spinach	Broccoli	Daikon	Winter squash	Eggplant	Peppers
Dandelion	Cauliflower	Mustard greens	Parsnips	Mushrooms	Snap peas
Microgreens	Bok choy		Pumpkin	Carrots	Green beans

FRUIT

Apples	Grapes	Papaya	Strawberries
Apricots	Kiwi	Peaches	Watermelon
Bananas	Lemon	Pears	
Berries	Lime	Pineapple	
Cherries	Mango	Plums	
Figs	Melon	Pomegranate	
Grapefruit	Oranges	Raspberries	

PANTRY STAPLES

Beans	Condiments	Spices (garlic
Grains (rice,	Coconut	powder, smoked
pasta, quinoa,	aminos or soy	paprika, chili
oats)	sauce	powder,
Vinegars (red	Broth	cinnamon, cumin,
wine, rice,	Canned	curry powder,
balsamic)	tomatoes	oregano, salt,
		pepper)

FREEZER STAPLES

Cauliflower rice	Pre-cooked protein
Spinach	(sausage)
Broccoli	Pre-portioned
Butternut squash	uncooked protein
Blueberries	(seafood, chicken,
Bananas	beef)
Cherries	
Cooked grains	
Bread	
Broth	

Items listed in red are used in the following sample prep plan.

sample

prep plan

COMPONENTS TO COOK

Hard boiled eggs	Paprika roasted sweet potatoes
Pulled rotisserie chicken	Roasted eggplant
Taco beef	Cauliflower rice
Roasted Brussels sprouts	Garlicky sautéed kale
Balsamic roasted mushrooms	

1. Preheat oven to 375 degrees & start a large pot of boiling water.
2. While everything is heating up, start washing & chopping vegetables.
3. Add eggs to boiling water and set timer for 12 minutes. Move on to the next step. When timer goes off, add hot eggs to an ice bath to stop the cooking & make peeling easier.
4. Place one of your chopped veggies in a mixing bowl, drizzle with oil, and toss with seasonings.
5. Spread in a single layer on a sheet pan & roast for 20 minutes; flip & roast for another 10-20 minutes.
6. Repeat steps 4 & 5 until you've roasted all of your veggies. Use oven time to prepare your next veggie. This process moves even faster with 2+ sheet pans.
7. During your roasting time, start sautéing your ground beef, kale, and cauliflower rice.
8. Pull apart your rotisserie chicken. You can save the bones and make your own bone broth!

grocery list

PROTEIN

FAT

VEGGIES

Raw green:

Starchy:

1-2 cruciferous:

2-3 more of varied colors:

FRUIT

PANTRY

FREEZER

OTHER

prep plan

COMPONENTS TO COOK

PREP STEPS

prep cheat sheet

SIMPLE ROASTED VEGGIES

Toss the veggies in cooking oil, add spices, and roast:

Brussels sprouts	400* F	35-40 min	Butternut squash	400* F	25-30 min
Kale	375* F	15-20 min	Eggplant	400* F	25-30 min
Broccoli	450* F	15-20 min	Mushrooms	450* F	15-20 min
Cauliflower	425* F	25-30 min	Carrots	400* F	20-25 min
Sweet potato	400* F	25-30 min	Beets	425* F	10-15 min

FUN FLAVOR COMBINATIONS

DIY Chinese Seasoning Mix:

1 teaspoon garlic powder
1 teaspoon ginger powder
1 teaspoon chili pepper
1/2 teaspoon ground star anise
1/2 teaspoon crushed fennel seed
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves

DIY Thai Seasoning Mix:

2 tablespoons garlic powder
2 tablespoons ginger powder
1/2 tablespoon cumin
1 teaspoon basil
1/2 teaspoon ground cardamom
1/2 teaspoon curry powder
1/4 teaspoon turmeric

DIY Mediterranean Seasoning Mix:

2 teaspoons dried basil
1 teaspoon ground coriander
1 teaspoon ground cinnamon
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/2 teaspoon ground cardamom
1/2 teaspoon ginger powder
1/4 teaspoon ground cloves
1 dried bay leaf (add while cooking but remove before serving)

DIY Italian Seasoning Mix:

1 1/2 teaspoons dried oregano
1 teaspoon dried basil
1 teaspoon dried parsley
1/2 teaspoon onion powder
1/4 teaspoon garlic powder

DIY Indian Seasoning Mix:

2 tablespoons ground coriander
1 tablespoon ground cumin
1 1/2 teaspoons ginger powder
1 teaspoon mustard powder
1 teaspoon garlic powder
1 teaspoon turmeric
1/2 teaspoon ground cardamom
1/2 teaspoon ground cinnamon
1/4 teaspoon nutmeg
1 dried bay leaf (add while cooking but remove before serving)

DIY Mexican Seasoning Mix:

1 tablespoon coriander
1 tablespoon chili powder
1 teaspoon garlic powder
1 teaspoon cumin
1/2 teaspoon oregano
1/4 teaspoon cinnamon
1 teaspoon salt

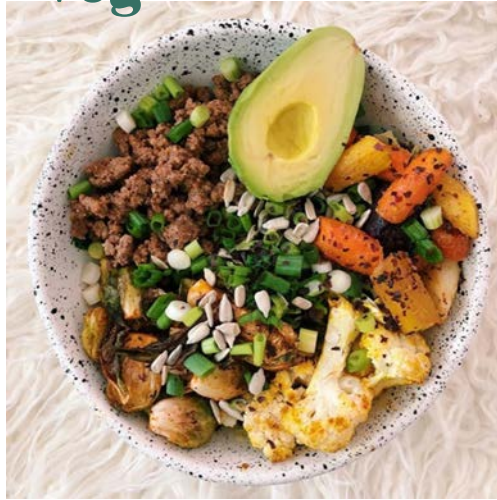
Seasoning recipes courtesy of [greatist.com](https://www.greatist.com)

more fun flavor additions

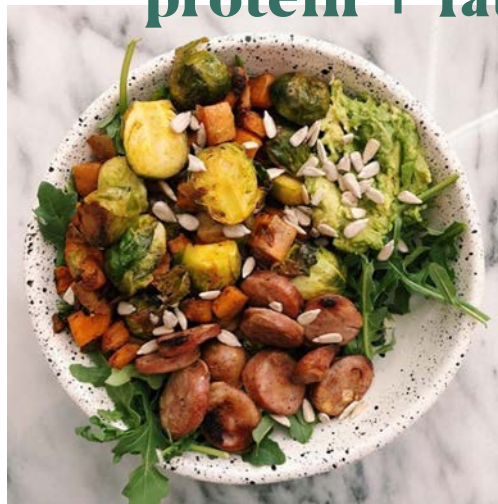
- barbecue sauce
- buffalo sauce
- salsa
- hummus
- lemon juice
- TJ's Everything but the Bagel seasoning
- TJ's umami seasoning
- TJ's chile lime seasoning
- chipotle mayo
- spicy mustard
- hot sauce
- sriracha
- fresh herbs

meal frameworks to try

protein + fat + veg



protein + fat + starch + veg



Have fun when you're pairing components to craft your meals! Pay attention to what offers you the most satiety *and* satisfaction. There's no right or wrong here-- just what works for you!

fat + veg

