



THE
Intuitive Meal Prep
GUIDE





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WELCOME

Welcome to Live Simply Natural.

This is a space where eating well, feeling whole, and living life naturally is a top focus. Although the bones of this site are rooted in seasonal recipes, Live Simply Natural is far more than that. My goal is that it be a resource for WHOLE body wellness with guides aiming to take your health to the next level + my top self care practices, shopping tips, cooking how-to's, body acceptance resources, recipe videos, mindfulness practices, and on-going support for you and your health journey!

Why did I create Live Simply Natural?

"To be totally honest, I created it for myself first, I wanted a space to share my health journey, document what worked for me and my family and share all my favorite recipes. But over time it became something much bigger. This is where Live Simply Natural was born.

My goal is to support you! We all have the same amount of time during our weeks, but what we do with those hours can create our reality and manifest a healthier and happier lifestyle with small changes...starting with how we care for our self. With 168 hours in a week, I want to help you utilizing your time, especially if living WHOLE is a priority!

I created this guide for you to follow and to get you started on your journey to eating WELL, feeling WHOLE. I've put my heart, soul, spirit, love, and energy to share this special place with you. Thank you beyond words for your part in making this small dream of mine a reality! May this be a resource for your healing and rediscover your natural ability to feed ourselves intuitively.

NOTE: All of us are different and are at different places on our health journey. Use this as a guide to support your personal journey. Be sure to follow Live Simply Natural for more recipes/inspiration/lifestyle tips. For a more in depth plan, make sure to email me at Vanessa@LiveSimplyNatural.com so we can get started on your private consultation.





Q & A

YOU ALL ASK GREAT QUESTIONS! HERE ARE THE ANSWERS TO YOUR MOST FREQUENTLY ASKED QUESTIONS...

IS THIS A WEIGHT LOSS PROGRAM?

No, this is a Intuitive Eating starter guide. To sum it up it's everything you can expect to find me talking about on the Live Simply Natural website. However I do coach clients privately, so if you're looking for specific support around food + body, and beyond.: [please click here.](#)

I EAT A DIFFERENT WAY THAN YOU DO, CAN I STILL BENEFIT FROM THIS?

Heck yes! I'm all about flexibility and adjusting to where you are. Just because I eat this way, doesn't mean you have to as well. There are endless possibilities, variations, and substitutions that you can add to the meal plans and recipes I make. Have specific questions? Submit them to Vanessa@LiveSimplyNatural.com

CAN I MAKE ANY CHANGES OR SUBSTITUTIONS?

Of course! I always encourage my clients to play with the ingredients and portion sizes I suggest in all my recipes. No one body is made the same and so our needs and pallets are all very different. It's all about listening to your body and discovering what works for you.

WHAT IF I DON'T HAVE TIME?

This is all about being balanced and going with the flow. Making your meals ahead of time is just one tool I recommend to saving you time in the kitchen. Everyone has the same hours in a day and WHOLE body wellness is more than just what your eating, its about how you show up for yourself with the time you do have!

WILL I LOSE WEIGHT?

When you're starting to transition to an Intuitive Eating lifestyle, it's often hard to let go of the goal of weight lose. Diet culture makes you believe it's the only way to become "healthy". Intuitive Eating believes that health can be found at whatever weight your body naturally lands in when you are living your healthiest lifestyle you actually enjoy.



THE DAILY PRACTICES

01. **HYDRATE.** Make sure to drink enough water throughout the day.
02. **PLAN.** Be sure to plan your meals for the day/week. This will save you time and help keep your energy sustained throughout the day.
03. **SLOW DOWN.** Take time in the morning to slow down and check in with what your needs are for each day.
04. **DON'T STRESS.** Create a strong self care routine. Prayer, meditation and quiet time are recommended daily.
05. **MOVE.** Moving the body helps create more mind + body connection Find a mind body exercise that feels good to you.
06. **SLEEP.** Rest well and sleep at least 8 hours. Your body is constantly in a state of healing and needs sleep to support that.
07. **EAT.** Make sure you are always eating enough throughout the day and always aiming for satisfaction and pleasure.
08. **LISTEN.** Learning to listen to your body and what it needs is one of the most important things we can do for our personal well being.
09. **BEAUTY.** Be your own kind of beautiful. Stop comparing your self to others and cultivate a deeper love for yourself.
10. **REDUCE.** Limit your engagement with diet culture propaganda and learn to create boundaries where you need.
11. **CONNECT.** Take time to connect with nature and your natural flow. Mind + body connection is important when learning the principals of Intuitive Eating.
- 12.. **CREATIVE.** Create more time to get creative in the kitchen. Use intuitive eating as a guide to explore food in a whole new way.

INTUITIVE EATING

GUIDE



HOW IT WORKS

What is Intuitive Eating?

Intuitive eating is an approach that teaches you how to listen to your own body when making decisions about food. With intuitive eating, you learn to use your own innate body wisdom and learning to distinguish between your physical and emotional feelings of hunger and satisfaction.

Intuitive eating is all about notice when we are feeling sad, mad, or stressed and move through those feelings without using food to comfort ourselves. A huge benefit of listening to our body and eating intuitively is that we can finally stop looking to outside sources for the answer and start looking within. As simple as this approach may seem, it takes a lot of practice and letting go of years of conditioning learned from dieting and today's society.

What is the goal?

The goal of Intuitive Eating is to begin to listen to our body and give it what it wants. When we do this we begin to transform our relationship to food and our body. We are able to know when we are actually hungry for food vs. hungry for distraction or filling a void in ourselves.

You can learn a lot from just taking a few seconds to ask your body what it wants. At first, it may be a challenge and I recommend trying to journal about it. Notice the sensations in your body and ask yourself what it wants and write down your thoughts and feelings. If you commit to this practice daily you will start to notice sensations and desires you may not have noticed before. You will begin to cultivate body trust and autonomy.

If you are ready to start listening to your body and eat intuitively, here are the 10 principals to live by. It's important to know that this journey is yours and so in this guide, take what resonates and leave the rest. I'm a big believer that you know better than anyone how to nourish and feed your body.



THE PRINCIPLES

- 01. REJECT THE DIET MENTALITY.** Let go of the idea that there is a “quick fix” or diet out there that will solve all of your problems.
- 02. HONOR YOUR HUNGER.** Be aware of the physical feeling of hunger and practice feeding yourself at the onset of hunger. Waiting too long to eat will only lead to overeating or binge eating.
- 03. MAKE PEACE WITH FOOD.** Food is not the enemy. It is actually delicious, nourishing, and energizing for the body.
- 04. CHALLENGE THE FOOD POLICE.** The food police lives within us all and it’s time to put an end to it. Let go of claiming you are “bad” or “good” for what or how much you eat of something.
- 05. RESPECT YOUR FULLNESS.** As important as it is to honor your hunger, it is equally as important to respect your fullness. By eating slowly and paying attention to your physical feelings, you can learn when it’s time to stop eating at your true fullness.
- 06. DISCOVER TRUE SATISFACTION.** We often forget that eating can and should be pleasurable and satisfying.
- 07. HONORING YOUR FEELINGS WITHOUT USING FOOD.** We need to find ways to comfort our emotions other than resorting to food.
- 08. RESPECT YOUR BODY.** We are all unique individuals and we should respect the body we were given at birth. Not everyone is meant to be a size two and that is actually a good thing.
- 09. MOVE FOR JOY.** There’s no need to over-exercise and stress out your body. Learn to exercise for the joy of it.
- 10. HONOR YOUR HEALTH WITH GENTLE NUTRITION.** Make food choices by honoring the health of your body. What will make you feel good and provide you with the energy you need? Remember that you do not need to be perfect to be healthy.

MEAL PLANNING GUIDE



MEAL PLAN: *why & how it works*

- 01. TIME.** Saves you time throughout the week when cooking for you and/or your family.
- 02. STRESS.** Takes the mental “burden/obligation” off your mind of thinking “What am I going to make for dinner?”
- 03. INTENTION.** Allows you to be more intentional with your food and allows you to plan according to your needs and desires.
- 04. SAVES.** Planning out your meals also allows you to keep your budget in mind since you won't be going out to eat as often.
- 05. REDUCE.** Meal planning helps to reduce waste since everything is purchased for a specific purpose and date.
- 06. FUN.** You have more space to create and play in the kitchen. Try new recipes, different cuisines.
- 07. PLAN.** Simply make a date with your kitchen for 3-4 hours, 1 day each week.
- 08. START.** Begin cooking the meals that take the longest to prepare first.
CREATE. Don't follow someone else's meal plan. Create your own, honoring your needs, cravings, and time.
- 10. TOOLS.** Investing in tupperware, glass containers, kitchen appliances is helpful but not necessary. Don't fall under pressure to spend more than what is necessary.
SCHEDULE. If one day is too much then schedule two days out of the week and split the meals into two batch cooking days.
- 11. KINDNESS.** Be kind to yourself if you skip a week or month for that matter. This doesn't always fit and that's ok too.
- 12.**



MY KITCHEN!

Yes, it typically looks like a tornado when through my kitchen while I'm meal prepping for the week. I usually start with whatever will take the longest to cook. It usually goes, grain in the rice cooker, soup on the stove top, sweet potatoes in the oven, hummus in the blender and some kind of dessert in the freezer waiting to be dipped in chocolate! Oh and my favorite podcast on the radio!

Cooking is a very therapeutic time for me and can be for you too! Simply turn on your favorite podcast episode or some good vibe music and cook till your heart is content. Try cleaning as you go so you don't end up with a huge mess to clean up after. Soon you will be creating your own recipes and routine in the kitchen.

MEAL PREP: *what to cook?*

breakfast

- + Green Smoothies!
- + Protein smoothie bowls
- + Over night oatmeal
- + Avocado toast.
- + Nourishing Muesli
- + Maple Banana Nut Granola
- + Chia seed puddings
- + Overnight oatmeals

lunch/dinner

- + Salads In A Jar
- + Massaged kale salad
- + Homemade salad dressings
- + Brown/Wild rice, quinoa, millet
- + Roasted veggies // Sweet potatoes, broccoli, beets, brussel sprouts, squash, bell peppers.
- + Vegetarian proteins // Lentil, chickpeas, black beans, navy beans, tempeh, organic tofu,
- + Soups (home made tomato, vegetable, chili, butternut squash, split pea, etc.)
- + Simple dinner meals // Lasagna, casseroles, burritos, vegetable curries, stuffed baked potatoes,...

snacks

- + Energy bites!
- + Homemade trail mixes
- + Snack size bags of fresh cut veggies and fresh fruit
- + Homemade granola, of your favorite gluten free crackers
- + Dips // hummus, guacamole, salsa, Classic Cashew Cheese, fruit butters and jams
- + Nut butters (almond, walnut, cashew, sunflower seed, pumpkin seed, etc.)

HOW IT WORKS!

When meal prepping, I like to combine simple ingredients that can be used to make multiple meals all week long. So when meal time rolls around, you'll simply reheat and add whatever ingredients, sauces and seasonings you are craving that day. This allows for the simplicity of eating well while giving you a good variety each day!

LET'S TAKE A LOOK OF AN EXAMPLE BELOW USING JUST 1 MEAL COMPONENT FROM YOUR STAPLES!

EXAMPLE: *quinoa*

- +MONDAY | Quinoa kale salad. Warm quinoa in a skillet with massaged kale and add sliced veggies on the side with a half of avocado.
- +TUESDAY | Taco night. Use quinoa as a base in a lettuce or corn tortilla taco with black beans and veggies from your staples.
- +WEDNESDAY | Mediterranean. Use quinoa as a base of your mediterranean salad, add chopped veggies with a side of hummus.
- +THURSDAY | Stuffed baked potato. Use quinoa as the main stuffing with a vegetarian protein and chopped veggies, topped with a cashew cheese or dressing.
- +FRIDAY | Soups. Simply add quinoa to your weekly soup like vegetarian chili, or a quinoa minestrone.

EXAMPLE: *lentils*

+MONDAY | Use in a spaghetti sauce for a "meat" sauce

+TUESDAY | Indian food. Use in a curry with messaged kale and sweet potatoes.

+WEDNESDAY | Lentil loaf. Use as the main binder with other veggies and oats as a "meat" loaf with veggies on the side.

+THURSDAY | Stuffed baked potato. Use lentils as the main stuffing with other chopped veggies.

+FRIDAY | Buddha bowl. Use as a side with other grains, veggies, and/or avocado with dressing.

EXAMPLE: *sweet potato*

+MONDAY | Puree into a potato mash and added to your morning chia pudding.

+TUESDAY | Top onto a salad, chopped into cubes, or used in a buddha bowl.

+WEDNESDAY | Toast, Sliced as a gluten free alternative to bread or layer on top of bread.

+THURSDAY | Stuffed sweet baked potato. And stuffed with other roasted veggies and vegetarian protein/ grains.

+FRIDAY | Sweet potato fries! Sliced and baked into fries as a side.

NOW THAT YOU HAVE THE BASICS OF MEAL
PREPPING IT'S TIME TO START HAVING FUN IN YOUR
KITCHEN!



MEAL PLAN: *chart for the week*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break							
Lunch							
Snack							
Dinner							
Dessert							

GROCERY SHOPPING

GUIDE



BUY IT: *low to*

- 01. BULK.** Buy in bulk as often as possible. When you breakdown the costs/serving you're actually saving money in the long term.
- 02. SEASONAL** Remember the season! This will not only save you money but give you the ropes and most nutrient dense produce.
- 03. FROZEN.** Don't neglect the frozen aisle of your grocery stores. Often time you may find cheaper and better quality in the frozen section.
- 04. HOMEMADE.** Cooking large batches of beans and lentils, then freezing them saves yourself time and cook on a budget. Other ideas include cooking rice, hummus, frozen dinners like lasagna and even desserts!
- 05. CANNED FOOD IS OK!** I know homemade is often better on the pocket however it isn't always better for time and stress. Take advantage of canned products. Everything doesn't have to be homemade.
- 06. SKIP THE "SUPERFOODS".** I know superfoods are all the rage now, use them as often as I can, but when your just starting out keep it simple. Don't forget the not so glamorous superfoods like broccoli, kale, sweet potatoes, beets etc. All whole foods are "super"foods in my book!
- 07. CLEAN OUT THE PANTRY.** Before heading to the market it's smart to clear out what is going bad. It's also a great way to take inventory of what you do have so that you may better prioritize your next grocery trip.
- 08. BE LAST.** Most often farmers offer deals and/or are willing to negotiate a bit more because they'd ideally like to share their produce with someone rather than bring it back home!
- 09. SHOP THE WHOLE STORE.** So many think it's healthier to only shop the perimeter. There are great foods you can eat throughout the whole store.

MEAL PLAN: *make it*

Proteins:

Blank area for listing proteins.

Grains:

Blank area for listing grains.

Fruits:

Blank area for listing fruits.



MEAL PLAN: *make it*

Veggies:

Snacks:

Desserts:



BUY IT: *grocery list*

fruit:

Lemon
Oranges
Grapefruit
Tangerines
Blueberries*
Strawberries*
Raspberries*
Blackberries*
Peaches
Plums
Nectarines
Cherries
Apricots
Cantaloupe
Watermelon
Honeydew
Mango
Pineapple
Papaya
Guava
Kiwi
Figs
Dates
Apples*
Pears*
Avocado
Grapes
Banana

greens:

Spinach*
Kale*
Romaine*
Arugula*
Watercress
Mustard greens
Collard greens
Turnip greens
Swiss chard
Spring mix*

frozen:

Spinach
Carrots
Organic corn
Mixed vegetables
Mixed fruits or
individual fruits,

spices:

Turmeric,
Curry powders
Cinnamon
Ginger
Garlic
Sea salt
Chili powder

veggies:

Asparagus
Broccoli
Cauliflower
Sweet potato
Bell peppers
Zucchini
Squash
Artichoke
Green beans
Turnips
Eggplant
Cabbage
Green onion
Celery
Celery root
Brussel sprouts
Fennel
Carrots
Cucumber
Beets
Tomato
Bok choy
Parsnips
Radish





protein:

Tempeh*
Tofu, sprouted*
Beans (*black, lima, chickpeas, kidney, etc.*)
Lentils
Split green peas
Edamame
Animal proteins*
(*when necessary)

dairy free:

Almond milk
Hemp seed milk
Rice milk
Oat milk
Turmeric Milk
Yogurt (*coconut milk, rice milk, almond milk*)

herbs:

Basil
Cilantro
Parsley
Dill
Rosemary
Mint

snacks:

Mary's Gone
Crackers- Onion,
Rosemary, Plain,
Black Pepper Trader
Joe's Organic Corn
Chips Trader Joe's
Organic Popcorn with
Olive Oil Late July
Summer Blue Tortilla
Chips Late July
Summer Yellow Corn
Chips Nature's Path
Mesa

grains:

Rice (*brown, wild, basmati*)
Oatmeal
Quinoa
Amaranth
Buckwheat
Millet
Pasta, *rice, quinoa, whole-wheat*
Bread (*high fiber, GF*)
Crackers (*high fiber, GF*)
Soba Noodles

bread:

Udi's Whole Grain
Bread (GF)
Food for Life Brown
Rice Bread (GF)
Food for Life Millet
Bread (GF)
Ezekiel English Muffins
Ezekiel bread- sesame,
original, cinnamon
raison
Ezekiel cereal
2 Mom's in the Raw
Cereal
Bob's Red Mill Gluten
Free Rolled Oats (GF)
Arrowhead Mills puffed
rice, puffed millet,
puffed corn cereal (GF)

superfoods:

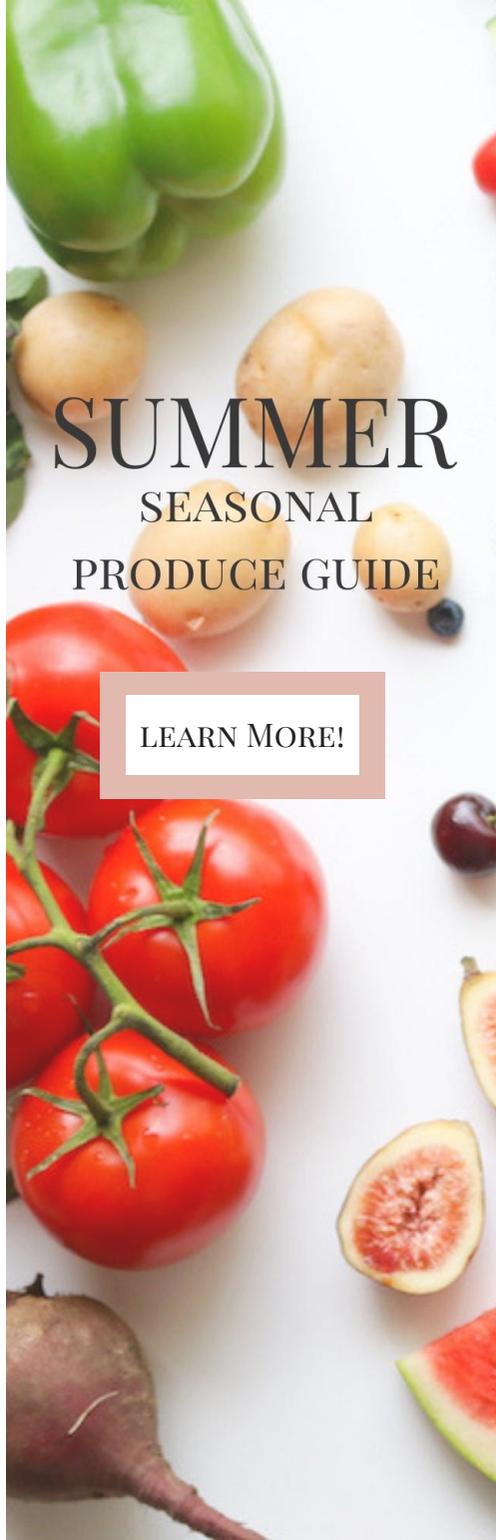
Raw cocoa powder
Raw cacao nibs
Goji berries, dried
Spirulina/chlorella
Coconut nectar
Maca
Stevia powder



SPRING

SEASONAL
PRODUCE GUIDE

[LEARN MORE!](#)



SUMMER

SEASONAL
PRODUCE GUIDE

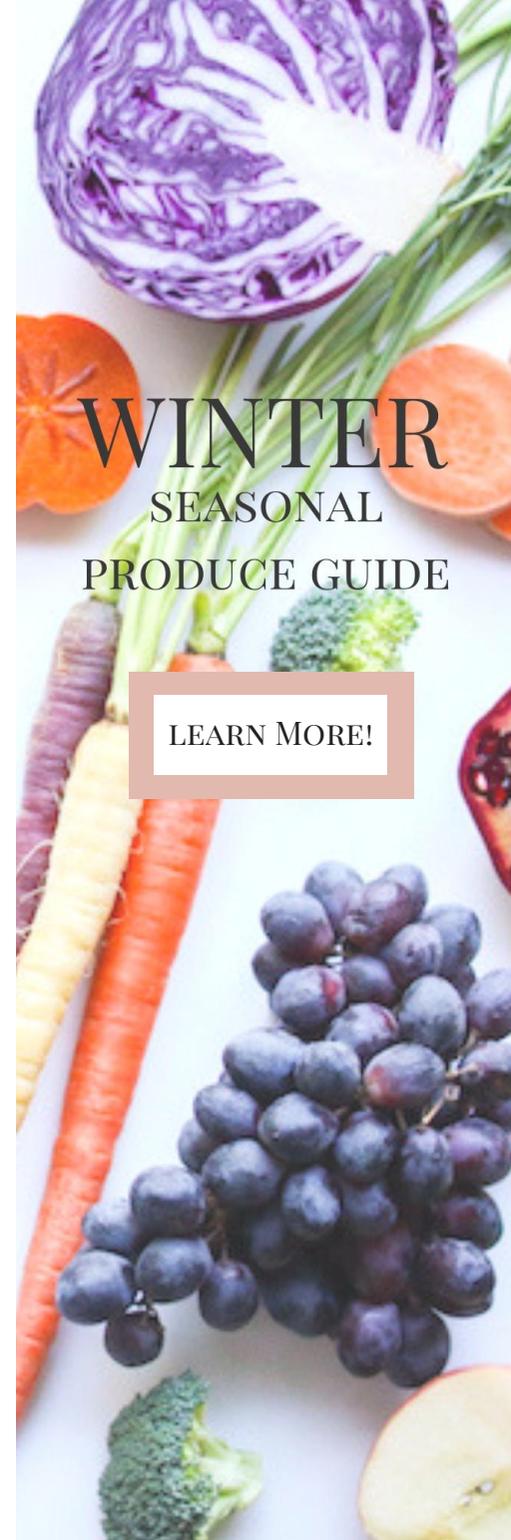
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FALL

SEASONAL
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WINTER

SEASONAL
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INTUITIVE EATING RESOURCES



BOOKS + BLOGS + PODCAST

Books

INTUITIVE EATING by Evelyn Tribole & Elyse Resch

BODY KINDNESS by Rebecca Scritchfield

HEALTH AT EVERY SIZE by Linda Bacon

WOMEN, FOOD AND GOD by Geneen Roth

BEYOND BEAUTIFUL by Anuschka Rees

ANTI-DIET by Christy Harrison

Blogs

THE REAL LIFE RD blog

RACHAEL HARTLEY NUTRITION blog

THE FOODIE DIETITIAN blog

IMMAEATTHAT blog

LIVE SIMPLY NATURAL blog

Podcast

FOOD PSYCH Podcast

THE MINDFUL DIETITIAN Podcast

NUTRITION MATTERS Podcast

THE NURTURED MAMA Podcast

LOVE FOOD Podcast

SUPPORT YOUR COMMUNITY!!!

I created Live Simply Natural for a reason, to inspire you to eat well + feel whole and live life naturally; but also to connect with other people in this community!

This is THE best part of joining this community, the people, the friends you'll make, and the experiences we can all share together. We're all in this together!

Social media is a great way to connect with me directly, I can see what you're posting, eating, and how you're feeling inspired by being part of the Live Simply Natural community and share your inspirations and meals through tagging me @livesimplynatural or through these hashtags:

Thank you for being here!



#livesimplynatural

#eatwellfeelwhole



Don't Cai