

CREATE FAT-BURNING MEALS IN 10 MINUTES



Derek Wahler, CTT, CPT

Tips to Creating Meals in Under Ten Minutes

- **Start the Sunday Night Ritual: Integrate an hour on Sundays to plan and prepare meals.** Get your family involved in a fun way to help you prepare the meals for the week.

Give everyone (kids, husbands, wives) an appropriate job. For example: Husband BBQ's chicken breast and kids can wash the vegetables and fruit, and separate into baggies. Put on music, funny aprons, etc.

- **Boil a dozen eggs at a time and refrigerate.** You don't have to eat the whole egg; you can break away the whites (protein). Hard-boiled eggs will last at least five days in the fridge, and are a great compact snack.
- **Cook eight chicken breasts at a time.** Grill, BBQ, bake or broil with your favorite seasonings. Great for slicing over salad, or even having half of one as a snack. Keep 3-4 in the fridge, and individually freeze the rest. Take out a frozen breast the night before.
- **Chop up vegetables and store in individual containers.** Chop up whatever vegetables you like to eat raw. A good tip for making them last is to wrap them in a coffee filter. The filter will absorb any excess water, so they will last longer.
- **Wash entire heads of lettuce and chop for salads.** Store lettuce in an appropriate container. If it is already chopped up, it is very easy to make a salad in the morning.
- **Make a vegetable soup.** Make your favorite soup recipes and make enough soup for a week. Store 2-3 servings in the fridge. Put the rest in individual containers and store in the freezer.
- **Cook a huge amount of vegetable stir-fry.** Throw a bunch of vegetables into a wok and stir-fry with unlimited condiments of your choice. Store in the fridge in individual containers, so they are ready to grab. Add a chicken breast to it. This way, dinner is almost ready without having to cook when you get home from work.
- **Open and rinse cooked beans or lentils.** Open a can of your favorite beans and rinse until it stops foaming. Measure half-cup servings and store in individual containers, so they are ready to grab.

- **Pick 1–3 recipes and cook ahead of time.** Using the recipes provided, cook and freeze. Take out the meal in the morning, so it will be defrosted by dinnertime. Add a side of stir-fry or salad.
- **Portion out nuts/seeds.** Buy your favorite nuts/seeds in bulk and store in containers in the fridge. Portion out your weekly serving amounts into snack bags. This makes it really handy to grab and go.

I recommend raw almonds, walnuts, cashews, or pecans. Portion them out to one ounce per serving.

- **Create a standard grocery list.** Create a standard list of the foods you run out of on a weekly basis. Ask your husband and your children to get the items on the list for you.

Some good foods to start with are apples, bananas, oranges, pears, lettuce, spinach, celery, peppers, grapes, mushrooms, sweet potato, broccoli, cauliflower, carrots, berries, chicken breast, and lean ground turkey.

- **Eat the same lunches and snacks on Monday, Wednesday and Friday, and then switch on Tuesdays and Thursdays.** Planning to eat the same things on alternate days cuts down on the need to plan, grocery shop and prepare ahead of time. This way, you always know what you are having and can use the leftovers for lunches.

Those are the 12 BEST tips for creating meals in under 10 minutes, so you have more time to spend doing the things you love. However, they won't do you any good unless you start implementing them TODAY :)

So pick a few to get started with, take a few minutes and create a plan to incorporate them into your daily life, and start making healthy food choices for you and your family.

You can do it!

Derek Wahler, CTT
Certified Turbulence Trainer

Author, [29-Day Flat Stomach Formula](#)
Author, [Weekend Slim-Down](#)