



## Weight & Nutrition: Meal Prep for Busy Weeks

Busy schedules undermine nutrition consistency. Meal prep reduces decision fatigue and impulse eating. Structure restores control during high-demand weeks. Preparation is a success strategy.

Prepared meals improve protein intake and portion control. Reduced reliance on convenience foods lowers insulin and inflammation.

Lab trends often improve when meal prep is consistent.

Simplicity matters more than variety.

### 01 Is This Your Story?

A patient abandons healthy eating during busy weeks. When simple meal prep is introduced on Sundays, weekday nutrition stabilizes. Weight loss resumes and stress decreases.

### 02 Try This Today

**Measure:** Identify your busiest eating times.

**Do:** Prep two core meals for the upcoming week.

**Reflect:** Ask whether lack of prep drives poor choices.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

