



Why **prep**, and who it fits

Most clients do not miss their nutrition because they do not know what to eat. They miss it at 18:30 on a tired Wednesday with nothing ready. Prep moves the decision to one calm hour. That is our judgement from coaching, not a study result.

It fits clients who:

- Work a set week and eat similar meals on most days.
- Skip meals when busy, or order food by default.
- Have a protein target they struggle to reach.

It fits less well for clients who:

- Enjoy cooking every day. Let them.
- Work shifts. Split the prep into two short sessions.
- Live somewhere without a fridge or a freezer.

Check your scope first. Targets for a client with a medical condition, a pregnancy, a history of disordered eating, or medication that affects diet come from a doctor or a registered dietitian, not from this guide. Know what your certification and your local rules allow you to prescribe. If you are unsure, refer.

Apply it.

1. Ask your client three questions: how many days a week they eat the same lunch, how often they skip a meal, and how many evenings they have no plan.
2. If the answers are "most", "often" and "several", prep fits. Start there.
3. Write their daily targets on the workbook page, then split them across the number of meals they eat.

Workbook. Exercise 1, the fit check and the targets per meal.

NEXT IN THIS PACK

Part 2. The one-hour routine

General information for coaches and their clients. It is not medical advice and does not replace a doctor or a registered dietitian. Work within your scope of practice and refer when in doubt.