



QUIZ:

which type  
..... of .....

**MEAL PREPPER**

**are you**

[mindovermealprep.com](http://mindovermealprep.com)





# QUIZ: Which Type of Meal Prepper Are You?

This quiz will help you determine where you fall on the Meal Prep Spectrum. This is provided as a guideline to help you learn and consider which meal prep methods may be more approachable and sustainable for you. Circle/mark your answers to each question, then use our scoring guide to find where you fall on the Meal Prep Spectrum!

## #1 How many days per week are you able/willing to dedicate time to meal prep?

- A. I only have 1 day per week that I can spend prepping—no flexibility or wiggle room!
- B. I'm willing to make time to prep 2 days out of the week if I need to.
- C. I'd like to have just 1 prep day, but I can take a little time throughout the week to put meals together.

## #2 How many hours per week can you dedicate to prep?

- A. I have 3 hours or less during the week that I can spend meal prepping.
- B. I could carve 4-6 hours out of my week for prep.

## #3 How would you prefer to spend your time?

- A. I'll put in the hours on a long prep day, or 2 prep days, to get ALL of my meals ready.
- B. I don't want to spend an entire day on a complicated prep.

## #4 Choose the statement that's most true for you:

- A. I like to switch things up and eat different meals based on how I feel each day!
- B. I have some staple meals that I enjoy eating often, but I want some variety throughout the week.
- C. I could eat the same meals over and over—keep it simple!

## #5 How do you feel about leftovers?

- A. Leftovers are great—less cooking to do!
- B. Leftovers are gross—I only want freshly-cooked meals.
- C. Leftovers are fine, but I want a freshly-cooked meal some days, too.

## #6 For how many people and which meals will you prep?

- A. I'm only prepping for myself, and I need to prep for ALL of my meals/as many meals as possible!
- B. I have to prep for myself AND others.
- C. I'm only prepping for myself, and I'll prep for some but not all of my meals.

## #7 How much fridge space do you have?

- A. I don't have a ton of fridge space for myself/my family.
- B. I have a good amount of fridge space for myself/our family has a second fridge.

## #8 What sort of kitchen do you have access to?

- A. I have a kitchen with an oven, stove, sink, and a decent amount of counter space.
- B. My kitchen space and equipment are pretty limited.

## #9 How many days out of your week do you want to prep meals for?

- A. I only need to prep for part of the week (4-5 days), not every single day. 7 days of prep is too much!
- B. I NEED to prep for all 7 days of the week—I'll put in the extra work to get it done.

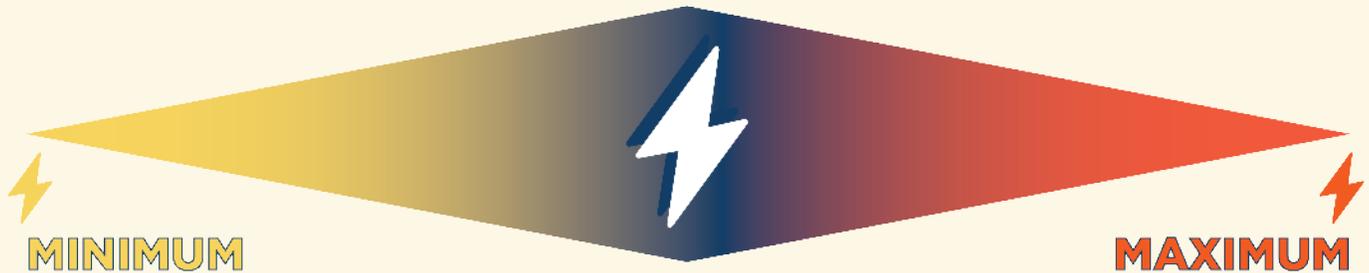
### SCORING

Review your answers for each question, and tally up your points based on the responses that you gave.

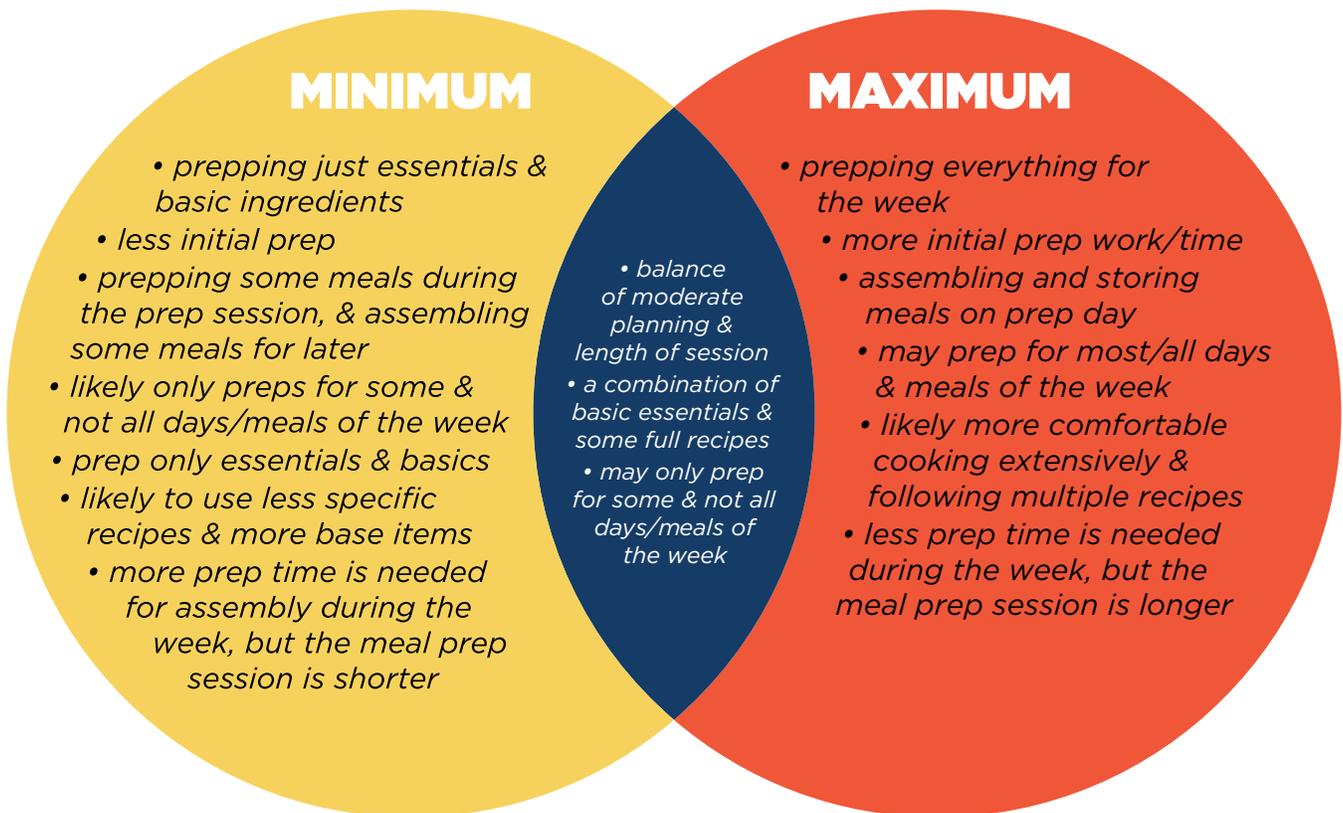
- |                     |                     |               |
|---------------------|---------------------|---------------|
| #1 A. +1 B. +4 C. 0 | #4 A. 0 B. +1 C. +2 | #7 A. 0 B. +1 |
| #2 A. 0 B. +5       | #5 A. +2 B. 0 C. +1 | #8 A. +1 B. 0 |
| #3 A. +3 B. 0       | #6 A. +2 B. 0 C. +1 | #9 A. 0 B. +2 |

# ⚡ The Spectrum of Meal Prep

Tally up your answers from the quiz. On the next pages you'll see results for where you may land on this Spectrum of Meal Prep! Learn more about The Spectrum of Meal Prep in my **Mind Over Meal Prep™ Course!**



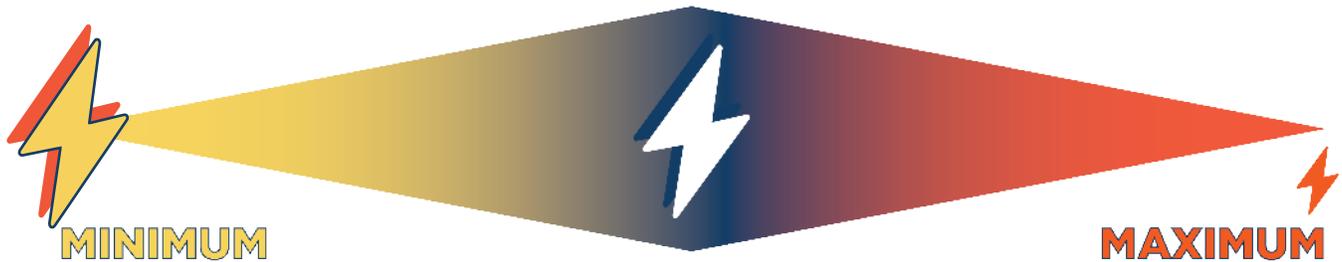
On each end of the spectrum, you'll find an extreme meal prep variation. On one end there is a **"Minimum"** option for less initial meal prep, consisting of only the essentials and basics. On the other end, you'll see the **"Maximum"** option to prep everything that will be eaten throughout the week. You may find yourself gravitating towards one of those options, but many of us will ultimately fall somewhere in the middle—finding the most success when we do some essentials and basic prep, as well as some specific prep for complete meals.



*It's important to recognize that one side or part of the spectrum is not better than the other, and one type of prep will not lead to more success than another—it is completely dependent on the person. What works for me might not work for you, and what works for you might not work for someone else!*

## **RESULTS: 0-7 points: MINIMUM PREPPER**

**You're closer to the Minimum Prepper side of the spectrum!** Minimum Prep means prepping just basic ingredients and essential components for your week, so you can assemble meals as you go. This approach requires less time spend on your initial prep day, but means you spend a bit more time prepping throughout the week.



### **You'd be suited to a more Minimum Prep style if:**

- you're prepping for a family or multiple people.
- you prefer to prep for some, but not all, meals/days of the week.
- you like more variety in your meals throughout the week.
- you don't feel very comfortable in the kitchen, and/or your fridge and kitchen space are limited.
- you don't have a ton of time to dedicate to prep day (1-3 hours/week)...
- *BUT*, you can take some time each day to throw meals together.

*Following recipes can make Minimum Prep more complicated & daunting. Instead, try prepping separate components—proteins, grains, veggies—that you can mix and match to create different meals throughout the week! This will save you time AND leaves room for more variety in your prep!*



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## **RESULTS: 8-16 points: IN-THE-MIDDLE PREPPER**

**You're in the middle of the Meal Prep Spectrum!** Minimum and Maximum Prep are the EXTREMES of the Spectrum, but an In-The-Middle Prep style combines the best of both worlds to suit YOUR lifestyle. This approach can involve prepping some basic components to mix and match throughout the week, as well as some ready-to-go meals for the busier times in your days/week. You ultimately get to choose how to divvy up your time between prep day and assembling meals during the week!



### **You'd be suited to a more In-The-Middle Prep style if:**

- *you're prepping for just yourself, or for yourself and others.*
- *you'd like the flexibility to prep for more/less meals from week to week, based on your needs.*
- *you have some staple meals/components that you know you like to eat, but you still want room for variety throughout the week.*
- *you're somewhat comfortable in the kitchen, but still like to follow recipes/try new recipes sometimes.*
- *you have a few hours each week that you can dedicate to prep...*
- *BUT your available time for prep day and assembling meals throughout the week may vary.*



*Prioritize prepping for the days/meals that are the most hectic, or that pose the biggest challenges to you sticking with healthy eating. If you're always too tired to prep at dinnertime and more tempted to order in, prioritize prepping dinner with one-pan, one-pot, or slow-cooker meals. If you struggle to wake up in time to make/eat a healthy breakfast, prioritize prepping ready-to-go/on-the-go breakfasts. Or, if mindless snacking is a challenge for you, prioritize prepping healthy snacks.*

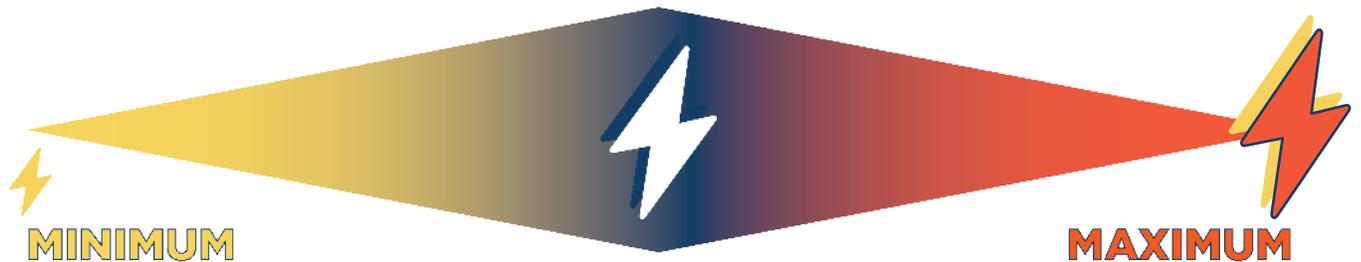


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## **RESULTS: 17-22 points: MAXIMUM PREPPER**

**You're closer to the Maximum Prepper side of the spectrum!** Maximum Prep means prepping EVERYTHING for your week so all of your meals are assembled and ready to go. This approach requires more time spent on your prep day(s), but means you spend little-to-no time prepping throughout the week.



- **You'd be suited to a more Maximum Prep style if:**
- *you're prepping for just yourself (and maybe 1 other person).*
- *you prefer to have ALL of your meals organized for the week so you don't have to think about it.*
- *you're okay eating the same foods/leftovers throughout the week.*
- *you're pretty comfortable in the kitchen, and have a good-sized fridge.*
- *you're very busy and don't have much time to put meals together during the week...*
- *BUT, you do have 4-6 hours per week to dedicate to 1 or 2 prep days!*

*Prepping EVERYTHING for the entire week can be tricky—it takes time to do the prep, and most prepped food will last 4-5 days max. Make Maximum Prep sustainable by spreading out your prep work between 2 days, and prepping 3-4 days worth of meals at a time. Or, prep for all 7 days and FREEZE meals for the later half of the week so they're ready to go!*



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# RESULTS

Remember, you can place yourself wherever you want on the spectrum, so move around to find what ignites your meal prep excitement most! Learn more about the Spectrum of Meal Prep in my **Mind Over Meal Prep™** course!

## 0-7 points: MINIMUM PREPPER

You're closer to the Minimum Prepper side of the spectrum! Minimum Prep means prepping just basic ingredients and essential components for your week, so you can assemble meals as you go. This approach requires less time spend on your initial prep day, but means you spend a bit more time prepping throughout the week.



Following recipes can make Minimum Prep more complicated & daunting. Instead, try prepping separate components—proteins, grains, veggies—that you can mix and match to create different meals throughout the week! This will save you time AND leaves room for more variety in your prep!

### You'd be suited to a more Minimum Prep style if:

- you're prepping for a family or multiple people.
- you prefer to prep for some, but not all, meals/days a the week.
- you like more variety in your meals throughout the week.
- you don't feel very comfortable in the kitchen, and/or your fridge and kitchen space are limited.
- you don't have a ton of time to dedicated to prep day (1-3 hours/week)...
- BUT, you can take some time each day to throw meals together.

In the **Mind Over Meal Prep™** course, you'll gain access to mix-and-match components and flavor combinations to keep your prep simple and interesting! If you're not-so-comfortable in the kitchen, you'll learn some basic cooking techniques so you DON'T need to rely on recipes!

## 8-16 points: IN-THE-MIDDLE PREPPER

You're in the middle of the Meal Prep Spectrum! Minimum & Maximum Prep are the EXTREMES of the Spectrum, but an In-The-Middle Prep style combines the best of both worlds to suit YOUR lifestyle. This approach can involve prepping some basic components to mix and match throughout the week, as well as some ready-to-go meals for the busier times in your days/week. You ultimately get to choose how to divvy up your time between prep day and assembling meals during the week!



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- you're somewhat comfortable in the kitchen, but still like to follow recipes/try new recipes sometimes.
- you have a few hours each week you can dedicate to prep...
- BUT your available time for prep day and assembling meals throughout the week may vary.

In the **Mind Over Meal Prep™** course, you'll get access to LOADS of easy, meal-preppable options for breakfast, lunch, dinner, and snacks—including an entire FREE eBook full of simple one-pan dinners and slow-cooker meals!

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- you're very busy and don't have much time to put meals together during the week...
- BUT, you do have 4-6 hours per week to dedicate to 1 or 2 prep days!

In the **Mind Over Meal Prep™** course, you'll learn how to keep prep efficient (and make your life easier) with proper packaging, storage, and freezing techniques! You'll save time, money, and reduce food waste!

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