

The Grab-and-Go Prep Vault™

Prep Once, Eat All Week: How to Make Your Satisfied & Slim Blueprint™ Run on Autopilot — Even on Your Most Exhausting Days

A Quick Word Before We Start

Let me guess what happened.

You got your Satisfied & Slim Blueprint™. You read through it, and something clicked. Pile the vegetables. Weigh the protein and grains. Measure the fruit. Simple. Doable. You could already picture it working.

And then Tuesday happened.

The grandkids needed picking up. Your mother had a doctor's appointment. Someone forgot something important at the worst possible moment. By the time you finally sat down at 7:45 in the evening, the last thing on Earth you wanted to do was think about piling vegetables and weighing anything. So you grabbed whatever was fast, told yourself you'd do better tomorrow — and there it was. That little crack where good plans start slipping away.

Here's what I want you to understand right now, before we go one step further:

that's not a willpower problem. That's a preparation problem. And here's why that matters so much — preparation problems can be solved *ahead of time*, when you're not tired, not rushed, not making decisions with an empty tank.

Those are two completely different problems. And only one of them is actually yours to carry.

That's what this Vault is for. Your Blueprint tells you *what* to eat. The Grab-and-Go Prep Vault™ makes sure the right food is already sitting there, pre-portioned and ready, so your exhausted Tuesday self doesn't have to think at all. She just opens the fridge, grabs, and goes. That's the whole secret — decision made in advance, by the you who had five good minutes on a Sunday afternoon.

Think of it as a gift you're giving to your future self. She's going to be so grateful.

Let's take the busy day off the table as an excuse — permanently.

(One gentle reminder, the same one from your Blueprint: if you have any medical conditions or take medications, have a quick chat with your doctor before making bigger changes to how you eat. This Vault is about preparing your food more easily — not about medical advice.)

What the Grab-and-Go Prep Vault™ Actually Is

The Vault isn't a new eating plan. Please hear that clearly, because it matters. You already *have* the plan — it's your Blueprint. Nothing here replaces the Pile, Weigh, Measure method. Everything here simply makes that method faster, easier, and nearly automatic to follow.

The Vault is built on one idea I learned the hard way — through years of doing this while working full-time and running a household that never seemed to slow down:

> **Decisions are the enemy. Make them all at once, on a day you have energy, and your busy days will run themselves.**

Here's what I discovered during the stretch when things were working best for me — the years I lost over 40 pounds and kept it off. The secret wasn't discipline in the moment. I'm not a superhero, and I never pretended to be. The secret was that by the time a hard Tuesday arrived, every food decision had already been made on Sunday. There was nothing left to figure out. The fridge did my thinking for me.

That's what I want for you.

The Vault gives you five tools to make that happen:

1. **The Weekend Prep Map** — a step-by-step plan for one prep session that stocks your whole week

2. **The Portion Cheat-Sheet** — so weighing and measuring becomes glance-and-go instead of a scale-fumbling chore
3. **The Grab-and-Go Plate Formulas** — three no-think templates for assembling a Blueprint-perfect plate in under two minutes
4. **The Blueprint Shopping List** — organized around your daily targets so you buy exactly what a week requires
5. **The 15-Minute Emergency Prep** — for the weeks when even a proper prep session isn't happening

We'll walk through each one, in order, with everything you need to actually do it. No apps. No fancy gadgets. A basic kitchen scale, some measuring cups, a stack of containers, and a pen. That's the whole toolkit.

Ready? Let's build your Vault.

Tool #1: The Weekend Prep Map

Remember what I shared about doing my prep on weekends? This is exactly that — turned into a repeatable routine you can follow without having to think too hard about it.

The whole point of the Prep Map is to *front-load the work*. You give up roughly 60 to 90 minutes on one weekend day, and in exchange your weekdays require almost zero effort. That's a trade worth making — especially because you're doing it when you're rested, when you have a little breathing room, not when you're running on fumes at the end of a long Tuesday.

The Five-Stage Prep Flow

Here's the exact order I want you to work in. And working in this specific order matters — because it lets the slower things happen in the background while your hands are busy with everything else.

The Weekend Prep Session Flow

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Start → Roast → Cook Protein → Portion → Store → Done
  |— Vegetables into oven first (hands-off)
  |— Protein cooks while veg roasts
  |— Weigh & portion protein and grains
  |— Pile & bag the vegetables
  |— Measure fruit into grab cups → Fridge
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Let me walk through each stage so you know exactly what you're doing and why.

Stage 1 — Roast the vegetables first (5 minutes of hands-on work). Get your vegetables in the oven before you do anything else. Chop whatever sturdy vegetables you bought — broccoli, cauliflower, carrots, zucchini, peppers, onions, Brussels sprouts — spread them on a baking sheet with a light drizzle of oil, and let the oven do its thing. While they're roasting, you're free to work on your protein. This is the "set it and forget it" trick that makes the whole session feel shorter than it actually is.

Stage 2 — Cook your protein in bulk. Cook all your protein for the week at once — bake the chicken, brown the lean beef, boil the eggs, whatever fits your Blueprint. One session, not five. The stove is already on and you're already standing there. You may as well finish the job.

Stage 3 — Weigh and portion the protein and grains. This is where your Blueprint targets do their work. Instead of weighing at every single meal all week long, you weigh *once* — right now, while you have energy and time — and divide everything into single-serving portions that already match your daily targets. When Tuesday arrives in a rush, the portion is sitting there, already correct. You don't touch the scale at all. Think about it this way: the decision has already been made. All that's left is to eat.

Stage 4 — Pile and bag the vegetables. Once your roasted vegetables have cooled, divide them into your storage containers. And remember the Blueprint spirit here: **pile them high.** Vegetables are the one place you are generous, always. A full container of vegetables is a full *you* later in the week — and a full woman doesn't overeat.

Stage 5 — Measure the fruit and store everything. Portion your fruit into small cups or bags using your measured amounts — this is what keeps the sugar in check, exactly the way your Blueprint teaches. Then load everything into the fridge, close the door, and you are finished.

That's the entire session. An hour, maybe ninety minutes. And your whole week is handled.

Which day should you prep?

Whatever day you actually have a quieter stretch. For most of the women I've talked with, that's Sunday afternoon. But if Saturday morning is your calm window, use Saturday morning. The "right" prep day isn't the one a program tells you is correct — it's the one you'll genuinely show up for.

And if your weekend gets swallowed by family, you can split it into two pieces: roast and cook one evening, portion the next morning. The Map still works. It's flexible that way, because life with family usually isn't.

Tool #2: The Portion Cheat-Sheet (Glance-and-Go)

Let me tell you a little secret about the scale.

When I first started weighing and measuring my portions, I found it tedious.

Standing there at every single meal, digging out the scale, fumbling with it — it felt like homework. I won't pretend otherwise. But here's what I discovered, about a week or two in: I barely needed the scale anymore. Because I could *see* the right portions. My eye had quietly learned what the right amount looked like in *my* containers, on *my* plate.

This cheat-sheet speeds that process up dramatically.

The idea is simple. You fill it out **once**, using your own Blueprint targets and your own containers. Then you post it on the fridge. After that, you're not standing at the scale at every meal — you're glancing at your sheet and grabbing the pre-portioned container you already made during prep. That's it. Glance and go.

Fill this in with a pen using the daily targets from your Blueprint. Keep it where you'll see it.

My Personal Portion Cheat-Sheet

My daily targets (from my Blueprint):

Protein per meal: _____ (weight)

- What that looks like in my container: _____
- What that looks like on my plate (by eye): _____

Grain / cereal per meal: _____ (weight or cups)

- What that looks like in my container: _____

Vegetables per meal: PILE HIGH (the generous one!)

- My container filled to: _____

Fruit per serving: _____ (measured amount)

- What that looks like in my cup: _____

Servings I prepped this week:

- Protein portions made: ___
- Grain portions made: ___
- Fruit cups made: ___

Here's what I want you to understand about why this small step matters so much. The scale is accurate — I'm not saying ditch it forever. But the scale is also *friction*. Every time you have to dig it out, plug it in, and wrestle with it at the end of a long day, you've added a reason to skip the whole thing. And tired women skip things. I did it too.

By translating your weighed amounts into "what it looks like in my container" just *once*, while you have energy and time, you turn a chore into a glance. A tired Tuesday night doesn't require any decisions. The work is already done. You already know.

Do I still recommend weighing now and then? Absolutely. About once a week, spot-check a portion or two to make sure your eye hasn't drifted — and it will try to drift, slowly and sneakily, the way portions always do. But for the daily grind? You won't need it. You'll know what the right amount looks like, and you'll trust yourself.

That's the whole point.

Tool #3: The Grab-and-Go Plate Formulas

This is the heart of the Vault. The part that makes your busiest day genuinely thoughtless — and I mean that in the best possible way.

A plate formula is just a fill-in-the-blank template. Because you've already done the prep, already portioned everything into containers, building a complete Blueprint meal means grabbing three or four things and combining them. No decisions. No measuring. No cooking. Under two minutes, start to finish.

Here are the three formulas. Every single one follows your Blueprint exactly — pile the vegetables, correct portion of protein, measured grain, measured fruit.

Formula 1 — The Cold Plate (zero cooking). A pile of pre-roasted or raw vegetables, one pre-weighed protein portion — boiled eggs, cooked chicken, canned fish — and your measured fruit cup. This is your fastest option. Perfect for lunches, or for the evenings when you truly cannot face turning on the stove. Not a sad desk lunch. A real, complete Blueprint meal.

Formula 2 — The Warm Bowl (one minute in the microwave). Roasted vegetables, one pre-weighed protein portion, one pre-portioned grain — all in one bowl, warmed through. Fruit cup on the side. Here's the thing: this *feels* like a real, comforting dinner. Because it is. It takes about as long as reheating leftovers — which is essentially what it is, just built beautifully.

Formula 3 — The Family Sidestep (eat what they eat, your way). This one is my favorite, and I think it will become yours too. You should never have to cook two separate dinners. Not once. When the family is having something, you build your plate from the same meal using your formula — pile the vegetable side high, take your measured portion of the protein, and meet your grain target with whatever's on the table. You're eating *with* everyone. Not standing apart with a sad, separate "diet plate" while everyone else enjoys the meal. That's the difference between a plan that fits your life and one that fights it.

Print these on a card for your fridge

My Three Grab-and-Go Formulas

Formula	What I Grab	Effort
Cold Plate	Veg pile + protein portion + fruit cup	Zero cooking
Warm Bowl	Veg pile + protein + grain, microwaved + fruit	1 minute
Family Sidestep	My portions from the family meal	No second cooking

Copy this onto an index card in your own handwriting and put it on the fridge. Writing it yourself helps it settle into your memory — and you'll glance at something on the fridge far more than a printed sheet that gets shuffled into a drawer.

Now look at what all three formulas have in common. The vegetables are always a *pile*. The protein and grain are always a *pre-decided portion*. You are never standing in the kitchen at six o'clock wondering "how much?" That question was already answered on the weekend, when you had the time and energy to answer it.

That's the whole secret, really.

Tool #4: The Blueprint Shopping List

A prep session only works if you bought the right things. Nothing derails a good Sunday like opening the refrigerator and discovering you're short on half of what you need.

So this tool works backward from your Blueprint targets. Figure out how many servings you need for the week, and the list essentially writes itself.

Use this template before you head to the store. Fill in the quantities based on how many days you're prepping for — I'd suggest starting with five weekdays.

My Weekly Blueprint Shopping List

Prepping for how many days this week: ____

VEGETABLES (the generous category – buy plenty):

- Sturdy roasting veg (broccoli, carrots, etc.): -----
- Raw/salad veg for cold plates: -----
- Extra, because you always run out: -----

PROTEIN (enough for ____ portions):

- Main protein (chicken, beef, fish): -----
- Eggs or backup protein: -----

GRAINS / CEREAL (enough for ____ portions):

- -----

FRUIT (enough for ____ measured servings):

- -----

BASICS TO RESTOCK:

- Cooking oil, seasonings: -----
- Storage bags / containers if low: -----

Check off or fill in each line before you leave for the store. Organizing your list by Blueprint category — not by supermarket aisle — keeps your buying lined up with your actual targets. It takes two minutes and saves you that defeated feeling of standing in the kitchen on Sunday realizing you forgot something.

Now. A word about money, because I know grocery bills matter to most of us.

Here's what I want you to understand: the Blueprint doesn't require fancy food. It doesn't require expensive food. Frozen vegetables count — and they roast *beautifully* with no chopping required. Canned fish, eggs, and whatever cut of chicken happens to be on sale this week are all perfectly good protein. Buy your vegetables generously and your protein sensibly.

And here's the part that surprised most of the women I've shared this with: eating this way almost always costs *less* than the grab-something-on-the-way-home habit it replaces. Not just a little less. Often noticeably less. That's the whole system working the way it's supposed to.

Tool #5: Container & Storage Guidance

I know. *Containers*. This is the least glamorous part of the whole Blueprint. But here's what I want you to understand: the humble container is what turns a pile of beautifully prepped food into a system that actually works on a Tuesday night when you're exhausted. Get this part right and everything else runs smoothly.

Here's what's served me well.

Portion into single servings, not big batches. A giant tub of chicken still requires you to weigh out a portion when you're tired and hungry — and that's exactly when the whole thing falls apart. During prep, split everything into individual, already-correct servings. Grab-and-go means grabbing *one container that's already right*. Not measuring. Not thinking. Just grabbing.

Let vegetables and proteins live in separate containers. Vegetables hold their texture better that way, and keeping them apart lets you mix and match across all three of your Blueprint formulas without getting tired of the same combination. The same roasted zucchini feels completely different next to eggs on Monday and salmon on Thursday. That variety is what keeps this sustainable.

Keep fruit in small, sealed cups. Pre-measured, sealed, and ready to go. This is the single best defense against what I call fruit creep — just a little more, just one more handful — that quietly adds sugar back in without you ever making a conscious decision to do it.

Label with masking tape and a pen. Nothing fancy. Just write the day or the contents so you can see at a glance what's waiting for you. If you share a refrigerator with family, this also keeps your prepped meals right where you left them.

And here's the part that gives women a little relief when I mention it: you do not need matching designer containers. Reused jars. Cheap plastic tubs. Sandwich bags you already have in the drawer. Any of it works. The system doesn't care what the container looks like. It only cares that the right portion is inside it, ready to grab.

That's the whole secret to a Prep Vault that actually holds.

The Three Prep Levels: Matching Your Energy to Your Week

Here's something I wish someone had told me years ago: **not every week deserves the same effort, and that's completely okay.**

Some weeks you have a calm Sunday and you can prep like a champion. Other weeks the whole world is on fire and you're lucky to find fifteen minutes. A sick grandchild. A parent who needs you. A house that just refused to cooperate. Life does that. And here's what I want you to understand: the Vault works at all three levels. Pick the one that matches the week you're *actually* having — not the week you wish you were having.

Choose Your Prep Level for the Week

Level	Time Needed	What You Do	Best For
Essential	15 min	Emergency prep (below)	Chaos weeks
Enhanced	45 min	Roast veg + portion fruit + one protein	Normal-busy weeks
Complete	60-90 min	The full Weekend Prep Map	Calm weeks

Essential Level is your safety net. It's the 15-Minute Emergency Prep we'll cover next — not perfect, but it keeps you on track when a full session is simply impossible. Never let a hard week become a *zero-prep* week. Those fifteen minutes are what keep your system alive.

Enhanced Level is probably where you'll live most of the time. Roast a tray of vegetables, portion your fruit cups, cook one easy protein. That alone covers most of your week's grab-and-go needs. Simple. Doable. Enough.

Complete Level is the full Weekend Prep Map — the gold standard, the one that makes your whole week run smoothly. The more often you can hit it, the better everything feels.

And here's the mindset piece I want you to hold onto: dropping to Essential during a hard week isn't falling off. It's *staying on* in a lighter way. That's not weakness. That's wisdom. The women who succeed at this aren't the ones who never have hard weeks — they're the ones who have a plan for when those hard weeks come.

That flexibility is exactly what protects your system over the long haul.

The 15-Minute Emergency Prep

Let's talk about the week from you-know-where. Grandkids all weekend, an unexpected trip to help your parents, a household that simply refused to slow down. No proper prep happened. And in the old days — I know this, because I lived it — this is exactly where everything fell apart.

Not anymore.

Here's your fifteen-minute rescue routine. And here's the part I love most about it: you can do most of it sitting down.

Minutes 1-3: Boil a batch of eggs. Get a pot of eggs going on the stove. They cook themselves while you do everything else. Boiled eggs are the ultimate emergency protein — pre-portioned by nature, no weighing required. Grab two and go.

Minutes 4-8: Open and dump the easy vegetables. Frozen vegetables go straight into a bowl to microwave-steam. Bagged salad, baby carrots, cherry tomatoes, cucumber — straight into containers. No chopping. No roasting. Just pile them up.

Minutes 9-12: Portion fruit into cups. Wash and measure whatever fruit you have into your small cups. Two minutes of work that protects you from the sugar creep of eating straight from the bag — and trust me, that little habit matters more than it looks.

Minutes 13-15: Assemble two or three grab plates. Combine what you just made into your Cold Plate formula — a veg pile, a couple of eggs, a fruit cup — and the front of your week is covered. Once the eggs cool down and you peel them, you're truly done.

Fifteen minutes. Mostly sitting. And you've bridged the exact gap that used to sink you.

Think about what that means. Not "I fell off again." Not another Monday morning of starting over. Just a rough week — and you stayed on your system anyway. That difference, repeated over months and years, is *everything*.

Weaving the Vault Into Your Blueprint

Let me show you exactly how these two things work together — because once you see it, it clicks and it stays clicked.

Your **Satisfied & Slim Blueprint™** is the brain. It holds the truth you're building this whole system around: eat more of the right foods, not less. Pile the vegetables, weigh the protein and grains, measure the fruit, track it daily. It tells you *what right looks like*.

Your **Grab-and-Go Prep Vault™** is the hands. It takes everything the Blueprint knows and does the physical work ahead of time — so that following the Blueprint on a chaotic Tuesday requires no thought, no decisions, and almost no effort at all.

Here's how they move together, week by week:

1. **Before you shop:** Fill out the Blueprint Shopping List so you're buying exactly what your targets need. Nothing extra. Nothing forgotten.
2. **On your prep day:** Run the Weekend Prep Map at whatever level your week allows, using the Portion Cheat-Sheet to portion everything right to your Blueprint targets.
3. **Every busy weekday:** Grab a container set, assemble using a Plate Formula, eat, and — this part matters — **still do your two-minute Blueprint tracking**. The prep makes the eating effortless. The tracking is what keeps you honest. Don't drop it.
4. **When a week goes sideways:** Drop to the 15-Minute Emergency Prep. Stay on your system, lightly. That's enough.

Do you see what's happening here? The Blueprint told you *what* to do. The Vault makes sure you *actually do it* when life gets loud. Together, they close the exact gap that caused you — and me, years ago — to quietly lose our systems in the first place.

And here's the part I want you to hold onto. Remember your quick win from the Blueprint: tracking on 5 of 7 days and feeling fuller between meals. When your fridge is already stocked with pre-portioned, piled-high meals waiting for you, hitting 5 of 7 stops being a struggle. It becomes the easy, obvious thing. The default.

That's the whole idea. That's the whole secret.

Troubleshooting: When Things Get Wobbly

Every woman hits a snag. Here's what to do when you do.

"My prepped food goes bad before I eat it." You're likely prepping too much, too far ahead — and honestly, that's an easy fix. Start by prepping for just three or four days rather than a full week. Roasted vegetables and cooked protein keep beautifully for three to four days in the fridge; if you want the back half of the week covered, freeze those portions and move them to the fridge the night before. Better to prep a little and eat it all than prep a lot and toss it.

"I got bored eating the same thing all week." Two easy fixes, and either one works. First, roast a *mix* of vegetables rather than just one, so your piles vary from day to day. Second, rotate which protein and which plate formula you use across the week — a Cold Plate one day, a Warm Bowl the next. Same prep. Different experience. A little variety goes a long way toward keeping you happy at the table.

"I don't have a big block of time to prep." Here's what I want you to understand: you don't need one. Split the Prep Map across two shorter sessions — roast and cook one evening, portion and store the next morning. Or simply run the Enhanced or Essential level instead. The system flexes to your time. It doesn't demand more than you have.

"My family eats my prepped meals!" Honestly? That's a compliment. It means your food looks good. But label your containers with masking tape, or tuck yours on a specific shelf so they're clearly yours. Even better, prep a little extra for everyone — the Blueprint way of eating is good for the whole household, not just you.

"I forgot to prep and now it's Monday." This is *exactly* what the 15-Minute Emergency Prep is for. Fifteen minutes, mostly sitting, gets you through. And here's the part that matters: a missed prep day is not a failure. It's a Tuesday morning, fifteen minutes away from being fixed.

"Weighing still feels like a hassle." That's temporary, I promise. Fill out your Portion Cheat-Sheet once, and after a week or two your eye takes over. The scale becomes an occasional spot-check, not a daily chore. Push through the first couple of weeks — and it clicks. It really does.

Your First Weekend: Exactly Where to Start

Don't try to do everything at once. Here's your simple starting path.

Step 1 — Fill out your Portion Cheat-Sheet today. You don't even need to prep yet. Just pull your Blueprint targets, grab a container, and translate your weighed portions into what they actually look like on a plate. Post it on the fridge. Five minutes. That's all this step asks of you.

Step 2 — Write your Shopping List and shop. Buy vegetables generously. Buy protein sensibly. And don't forget the containers and the masking tape — those little details matter more than you'd think.

Step 3 — Run one prep session at Enhanced level. Don't aim for perfect. Perfect is not the goal here. Roast a tray of vegetables, cook one protein, portion your fruit, and pack it all into single servings. Forty-five minutes, and the week is waiting for you.

Step 4 — Use your Plate Formulas all week, and keep tracking. Grab, assemble, eat, mark your tracker. And notice — really notice — how much easier the week feels when all the deciding is already done.

That's it. One weekend to prove to yourself that the busy day no longer has to win.

Use this to check off your first week as you go:

My First Prep Week

1	2	3	4	5
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Mark an X in each box for every weekday you grabbed a Vault-prepped meal instead of scrambling. Aim for at least 4 of 5 in your first week.

A Final Thought

Years ago, when I lost my system, I blamed myself. I thought I just didn't have enough discipline — that I had let myself down, let my body down, let the whole thing fall apart because something was wrong with *me*.

It took me a long time to understand the truth.

I didn't fail. I lost my *structure*. And the busy days finished the job.

Here's what I want you to hold onto as you close this guide: structure can be protected. Not with more willpower. Not with more discipline. With a little preparation done on a good day — a calm Sunday afternoon, a quiet hour before the week arrives — so the hard days take care of themselves.

That's the whole secret behind those 40 pounds staying off for years. Not heroic restraint. Not white-knuckling through exhaustion. The food was simply *there*, already right, already waiting. And a woman with a full Vault and a clear plan doesn't have to fight her own hunger at the end of a long day.

That's what you're building now.

Fill your Vault this weekend. Let your busy days find out they don't stand a chance.

You've got this. Truly.