



WEEK 1

Checklist





Master One Meal

Goal:

Build confidence by mastering one meal category and learning the InspireHER meal prep system.

Step 1: Lessons

- Watch Lesson 1
- Watch Lesson 2
- Write 3 notes per lesson
- Share one takeaway in the group



Step 2 – Choose the meal you struggle with the most.

This will be your Meal Mastery focus for the week.

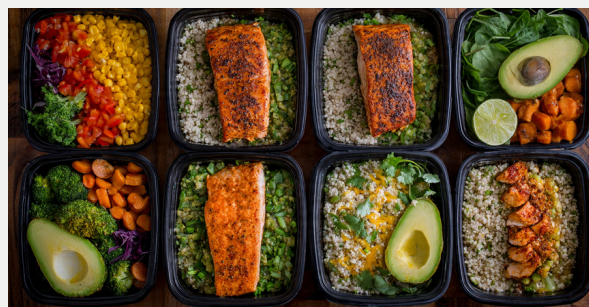
Choose ONE:



Breakfast



Lunch



Dinner

Step 3 – Sunday Stack

- Prep 5 servings of your chosen meal
- Portion meals into containers
- Wash and chop vegetables
- Place meals where you will see them first

Step 4 – Protein Rule

- Choose a protein source for your Meal Mastery focus
- Write down 3 protein options you enjoy
- Make sure each meal includes one precise protein portion
- Add protein to every meal you prep this week



Step 5 – Accountability Posts

- Post your Meal Mastery choice in the group
- Share a photo of your Sunday Stack prep
- Comment on 2 other members' posts to encourage them
- Share one win or challenge from the week

Reflection

Water: _____ L

Steps: _____



Leanne MacDonald
Meal Prep Consultant &
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Weekly Reflection

What challenged you and what will you do next week to move forward or overcome that challenge?



Leanne MacDonald
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