

Welcome to **InspireHER**

**BUILD MEALS.
BUILD CONSISTENCY.
KEEP IT SIMPLE.**

Healthy eating isn't about motivation.
It's about building simple systems that
create consistent results.
When your kitchen supports your goals,
consistency becomes easier.
Love is the secret ingredient ♥



Start Here

DON'T TRY TO CHANGE EVERYTHING THIS WEEK.

INSTEAD...

- ✓ Read the Grocery Guide
- ✓ Set up your kitchen
- ✓ Buy only what you need
- ✓ Choose ONE breakfast recipe
- ✓ Prep ONE protein
- ✓ Celebrate your first win



- Simple systems.
- Repeated consistently.
- That's how healthy habits are built.

Your Weekly Success System

Thursday

Plan for Success

- ☐ Review your upcoming week
- ☐ Choose the meals you'll prep
- ☐ Review your recipes
- ☐ Check your fridge, freezer, and pantry
- ☐ Make your grocery list
- ☐ Check your equipment and meal prep containers

Friday

Grocery Shopping Day

- ☐ Purchase ingredients
- ☐ Move frozen proteins to the refrigerator to thaw (if needed)
- ☐ Wash berries and fruit
- ☐ Wash vegetables
- ☐ Put groceries away by category
- ☐ Measure dry ingredients for recipes (optional)

SATURDAY

Prep Ahead (Optional)

- ☐ Finish anything not completed Thursday or Friday
- ☐ Chop vegetables
- ☐ Grate or shred vegetables (if needed)
- ☐ Marinate or season proteins (optional)
- ☐ Portion snacks or toppings (optional)
- ☐ Measure dry ingredients (if not already done)
- ☐ Set out ingredients and equipment (if prepping Saturday evening or Sunday morning)

Remember: Every task you complete today makes meal prep faster and less stressful tomorrow.

SATURDAY OR SUNDAY

Create Your Success Station

- ☐ Empty the dishwasher
- ☐ Clear the counters
- ☐ Empty the sink
- ☐ Empty the garbage/recycling
- ☐ Set out any remaining ingredients and equipment
- ☐ Fill your water bottle
- ☐ Turn on your favourite music or podcast
- ☐ Prep your meals
- ☐ Portion meals into containers
- ☐ Label and freeze extras (if needed)
- ☐ Clean your kitchen

Why Protein Comes First

Protein is the GPS of Your Plate

Why Protein Comes First

- keeps you full
- energy
- blood sugar
- cravings
- muscle repair
- muscle preservation
- consistency

Easy Ways to Add More Protein

- Egg whites
- Cottage cheese
- Greek yogurt
- High protein milk
- Protein powder

Plant-Based Protein Options

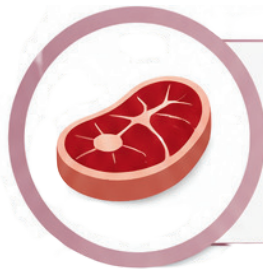
- tofu
- tempeh
- lentils
- chickpeas
- beans
- hemp hearts
- chia
- soy milk
- protein powder

Easy Plant Protein Boosts

- smoothie
- oats
- salads
- wraps
- stir fry

Give your protein some love first...

Portions Made Simple



PROTEIN

The GPS of your plate.



VEGETABLES

Fill your plate with color and nutrients.



SMART CARB

Fuel your body with quality carbs.



HEALTHY FAT

Support your hormones, brain and overall health.



FLAVOUR BOOSTERS

Add herbs, spices and seasonings you love.



CLEAN SAUCE

Bring everything together with a clean, delicious finish.



Every balanced meal starts with protein.

PROTEIN SWAPS & UPGRADES



PROTEIN OATS

Ingredients

- ½ cup rolled oats
- 1 scoop vanilla protein powder
- ¾ cup unsweetened almond milk (or milk of choice)
- ½ cup berries
- 1 tbsp chia seeds or ground flaxseed (for fibre)

Directions

- Mix oats, protein powder and milk.
- Stir well until combined.
- Top with berries and chia or flax.
- Enjoy immediately or refrigerate overnight.

Protein + Fibre Power

Protein helps keep you full, while chia or flax adds fibre to support digestion and provide steady energy.

GREEN POWER SMOOTHIE

Ingredients

- 1 scoop vanilla protein powder
- 1 banana
- 1 cup spinach
- 1 cup unsweetened almond milk
- ½ cup ice
- 1 tbsp ground flaxseed or chia seeds (for fibre)

Directions

- Add all ingredients to a blender.
- Blend until smooth.
- Pour into a glass and enjoy.

Protein + Fibre Power

Spinach and flax or chia provide extra fibre to help keep you satisfied longer while supporting healthy digestion.

YOGURT BOWL

Ingredients

- ¾–1 cup plain Greek yogurt
- 1 scoop vanilla protein powder
- ½ cup berries
- 1 tbsp chia seeds or ground flaxseed
- Optional: sliced almonds or granola for crunch

Directions

- Stir the protein powder into the Greek yogurt until smooth.
- Top with berries.
- Sprinkle with chia or flax.
- Add nuts or granola if desired.

Protein + Fibre Power

Greek yogurt provides high-quality protein while berries and chia or flax add fibre to help keep you full and energized.

Kitchen Essentials

TOOLS & CONTAINERS THAT MAKE HEALTHY EATING EASIER

CONTAINERS — Start Here

Glass Meal Containers (3–4 cup)

- → Best for lunches, dinners, leftovers
- → Reheat-friendly and long-lasting

Medium Glass Containers (2 cup)

- → Great for bowls, stir-fry, pasta, protein + veggies

Small Containers (½–1 cup)

- → Yogurt, cottage cheese, snacks, fruit, nuts

Little Round Sauce Containers

- → Dressings, marinades, nut butter, hummus

Mason Jars (12–16 oz)

- → Overnight oats, salad jars, smoothies

Zip-Top Bags (sandwich + freezer size)

- → Portioning protein, freezing veggies

Start with a few containers. Build as you grow.

TOOLS — START HERE

- Sharp chef's knife
- Cutting board
- 2 sheet pans
- Large mixing bowl
- Measuring cups & spoons
- Non-stick or stainless pan
- Small blender (Magic Bullet style)
- Silicone Muffin Trays

TOOLS — UPGRADE LATER

- Air fryer
- KitchenAid Mixer
- Food scale
- Full-size blender
- Portion scoops
- Labels + Marker

Amazon Links:

[Glass container food storage](#)
[Portion Control Containers](#)



Kitchen Essentials

- Glass Containers
- Portion Containers
- Vegetable Chopper
- Oil Sprayer

Trudeau Silicone Muffin Tray

Available at Real Canadian Superstore

This is the exact tray I use in my workshops.

It's usually much more affordable at Superstore than Amazon.

PAMPERED CHEF FAVORITES

Scoop Set

Uses:

- protein bites
- muffins
- pancakes
- cookies
- meatballs
- portioning meals

Tip:

"I use these every week because they keep my portions consistent and save so much time."

Mini Serving Spatula

Uses:

- brownies
- egg bites
- baked oatmeal
- protein bars

Tip:

"One of my favourite kitchen tools. It slides under baked goods without breaking them apart."

UPGRADE LATER

Ninja Bullet

Uses:

- smoothies
- protein shakes
- salad dressing
- pancake batter

"I use this almost every day because it's quick, easy and simple to clean."

Ninja Creami

Uses:

- high protein ice cream
- frozen yogurt
- cottage cheese ice cream

"One of my favourite ways to enjoy a healthy, high-protein treat."



- You don't need every gadget to be successful.
- Start with the basics.
- Build simple systems.
- Add tools as your journey grows.

Build simple systems.

InspireHER Grocery Guide

Costco Shopping List

Before You Shop

- Check fridge
- Check freezer
- Check pantry
- Plan meals
- Start grocery list with protein

PROTEIN — Your GPS of the Plate

- | | |
|--------------------|------------------|
| • Chicken Breast | • Turkey Bacon |
| • Chicken Thighs | • Eggs |
| • Lean Ground Beef | • Egg Whites |
| • Ground Turkey | • Greek Yogurt |
| • Salmon | • Cottage Cheese |
| • Shrimp | • Cheese |
| • Tuna | • Protein Powder |

CARBS

- Rice
- Quinoa
- Oats
- Chickpeas
- Black Beans
- Lentils

FATS

- Almond Flour
- Coconut Flour
- Cacao Powder
- Baking Powder
- Baking Soda
- Vanilla
- Monk Fruit Sweetener
- Monk Fruit Syrup

FATS

- Olive Oil
- Avocado Oil
- Coconut Oil
- Natural Peanut Butter
- PB Powder
- Almond Butter
- Walnuts
- Mixed Nuts
- Chia Seeds
- Hemp Hearts
- Ground Flaxseed
- Pumpkin Seeds

VEGGIES

- | | |
|----------------|--------------------|
| • Spinach | • Broccoli |
| • Spring Mix | • Cauliflower |
| • Romaine | • Green Beans |
| • Bell Peppers | • Mushrooms |
| • Cucumbers | • Zucchini |
| • Carrots | • Brussels Sprouts |
| • Celery | • Sweet Potatoes |
| • Onions | |

FRUIT

- | | |
|------------------|---------------|
| • Frozen berries | • Blueberries |
| • Fresh berries | • Raspberries |
| • Bananas | • Apples |
| • Apples | • Bananas |
| • Oranges | • Grapes |
| • Grapes | • Lemons |
| • With | • Limes |
| • Strawberries | • Avocados |

BEVERAGES / BONUS

- Almond milk
- Sparkling water
- Zevia pop (Costco — availability may vary by location)

KITCHEN SUPPLIES

- Parchment paper
- Ziploc bags
- Foil
- Plastic wrap
- Mason jars
- Takeout-style containers

Leanne's Costco Must Haves

- ♥ Chicken Breast
- ♥ Egg Whites
- ♥ Greek Yogurt
- ♥ Cottage Cheese
- ♥ Frozen Berries
- ♥ Quinoa
- ♥ Olive Oil

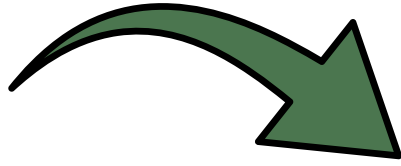
InspireHER Shopping Reminders

- ✓ Protein first
- ✓ Shop with a plan
- ✓ Buy only what you need
- ✓ Prep before Sunday
- ✓ Build simple systems
- ✓ Progress over perfection



InspireHER Grocery Guide

Costco Shopping List



Pantry

- Almond Flour
- Coconut Flour
- Cacao Powder
- Baking Powder
- Baking Soda
- Vanilla
- Monk Fruit Sweetener
- Monk Fruit Syrup

Flavour Boosters

- Garlic Powder
- Onion Powder
- Italian Seasoning
- Taco Seasoning
- Sea Salt
- Black Pepper
- Hot Sauce
- Salsa
- Dijon
- Yellow Mustard

Oils

- Extra Virgin Olive Oil
- Avocado Oil
- Coconut Oil
- Avocado Spray
- Apple Cider Vinegar

Frozen

- Frozen Vegetables
- Frozen Fruit
- Cauliflower Rice
- Broccoli Rice

- **Keep**
- **Protein first**
- **Progress over perfection**
- **Build simple systems**



InspireHER Grocery Guide

Costco Shopping List

SPECIALTY PROTEIN

- Lactose-free Greek yogurt
- Lactose-free cottage cheese

CARBS & SNACKS

- Rice cakes
- Whole-grain wraps or bread
- Siete nacho chips
- Farm Girl cereal (grocery store or online purchase)

FLOUR OPTIONS

- Coconut flour
- Oat flour (if not blending your own)

FLOUR OPTIONS

- Naked & Saucy
- Primal Kitchen
- Salsa
- Dijon Mustard
- Yellow Mustard
- Lemon Juice

BAKING & BOOSTERS

- Cacao powder
- Dark chocolate chips (70%+)
- Baking powder
- Baking soda
- Vanilla extract

NATURAL SWEETENERS

- Stevia drops
- Stevia powder
- Monk fruit sweetener syrup
- Organic coconut sugar
- Brown sugar (small amounts)
- Maple syrup
- Raw honey

FIBRE SUPPORT

- Psyllium husk

Amazon Links:

[Cacao Powder](#)

[Monk Fruit Sweetener syrup](#)



Healthy eating doesn't have to be expensive.
Start with the basics.

InspireHER SUPPLEMENT SUPPORT (Optional)

INSPIREHER SUPPLEMENT SUPPORT

Food first. Supplements support.

CREATINE

(Creatine Monohydrate + HMB Option)

Creatine is one of the most researched performance supplements available.

Supports:

- Strength and power
 - Workout performance
 - Lean muscle development
 - Recovery and muscle hydration
-
- No artificial sweeteners
 - No artificial colouring
 - No artificial preservatives



GRASS-FED WHEY PROTEIN ISOLATE

High-quality protein helps you consistently hit your daily protein target.

Supports:

- Muscle recovery and repair
 - Lean muscle maintenance
 - Fullness and balanced energy
 - Versatile for shakes, oats, yogurt, and baking
-
- No artificial sweeteners
 - No artificial colouring
 - No artificial preservatives
 - Gluten-free and Non-GMO



[Click to see full view](#)



BRANDS I LOVE

- Transparent Labs → Clean ingredients, minimal processing, great for everyday use.
- BioSteel → Convenient option with good taste and easy mixing.

Amazon Links:

- Protein Powder
 - [Transparent Labs](#)
 - [BioSteel](#)
- Creatine
 - [Transparent Labs](#)
 - [BioSteel](#)

Reflection

My Weekly Win

What could I improve?

Goal for next week



Final InspireHER Reminder

- HEALTHY EATING ISN'T ABOUT MOTIVATION.
- IT'S ABOUT BUILDING SIMPLE SYSTEMS THAT CREATE CONSISTENT RESULTS.
- PROTEIN IS THE GPS OF YOUR PLATE.
- STRUCTURE CREATES CONSISTENCY.
- CONSISTENCY CREATES RESULTS.
- LOVE IS THE SECRET INGREDIENT ❤️

I've Got You Covered.