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# Meal Prepper

Use our handy Preppers to portion and store your prepped meals or leftovers. Choose one item from each column and follow the quantity guides on your Porti-Prepper or Bari-Prepper to be confident you are eating the right amount for your needs. To follow the complete Portion Perfection visual weight control plan for men, women and children or for those who have had bariatric surgery, refer to the Portion Perfection Books.



PROTEIN	CARBS / FATS	SAUCE / DRESSING	FREE VEG 1	FREE VEG 2	FREE VEG 3
Chicken 	Corn 	Olive Oil 	Cherry Tomato 	Rocket / Arugula 	Mushrooms 
Falafel 	Sweet Potato 	Sweet Chilli Sauce 	Green Beans 	Carrot 	Mixed Greens 
Salmon 	Noodles 	Soya Sauce 	Broccoli 	Peppers 	Cauliflower 
Chilli con carne 	Avocado 	Tomato Sauce 	Brussels Sprouts 	Alfalfa 	Sliced Beetroot 
Pulled Beef 	Feta Cheese 	Mayonnaise 	Cabbage 	Grated Carrot 	Asparagus 
Tofu 	Baby Potatoes 	Teriyaki Sauce 	Red Onion 	Lettuce 	Tomatoes 
Turkey 	Brown / White Rice 	Balsamic Dressing 	Green Capsicum / Bell Pepper 	Spinach 	Zucchini Noodles 
Chickpeas 	Grated Cheese 	Ranch Dressing 	Artichoke 	Bamboo Shoots 	Broccolini 
Lentil Patties 	Almonds 	Light Cheese Sauce 	Eschallots 	Eggplant / Aubergine 	Baby Beets 
Tuna 	Edamame Beans 	Aioli 	Radishes 	Chargrilled Zucchini / Courgette 	Oyster Mushrooms 
Prawns 	Bread 	Lemon juice + oil 	Mung Bean Sprouts 	Spiralised Carrot 	Sugar Snap Peas 
Mixed Bean Salad 	Pasta 	Guacamole 	Baby Spinach 	Snow Peas 	Cucumber 

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