Week 6 challenge:

Meal Preparation

Olá Nandocas,

We're into **Week 6** of the Nando's **10-Week Consistency Challenge!**

By now you've built some solid habits around hydration, protein, veg, movement, and sleep this week, we bring it all together with meal preparation.

When your meals are planned, healthy choices stop being a daily decision and just become the routine. Prepping ahead saves time, reduces stress at the end of a long shift, and makes it far easier to stay consistent even on your busiest days.

How to Prep Like a Pro

You don't need hours in the kitchen. A good guideline is to set aside 30-60 minutes, once or twice a week, to prep the basics.

When More Planning Helps:

If your week is unpredictable, shift changes, travel, long days having 2-3 ready-to-go meals or snacks on hand makes all the difference.

Easy ways to improve your sleep this week:



Cook a big batch of protein (chicken, beans, eggs) at the start of the week



Pre-chop veggies so they're ready to grab and go



Portion meals into containers for easy access



Keep a few healthy grab-and-go snacks stocked at home or at work



Plan your meals for the week before you do your shopping

If you're regularly reaching for the quickest option instead of the healthiest one, a bit of prep time could be the missing piece.

Your mission this week:

Pick one day this week to prep at least two meals or snacks in advance and notice how much easier the week feels.

You've got this, Nandocas.

Siya Phila
Firing up your wellness

Siya Phila
Firing up your wellness