



**Vital**  
Nutrition

# Meal Prep Masterclass

Are you often too tired to cook?

Not organised enough to have breakfast and lunch sorted and ending up grabbing junk food on the go?

Being organised with meal prep can keep you healthier, more energised and give you more time, without too much effort.

**Here's everything that's included:**

- Recipes for breakfasts, snacks and main meals
- Shopping list & step-by-step meal prep instructions
- Time-Saving tips, meal prep hacks & secret shortcuts
- Printable weekly meal planner sheet

**Get in touch**

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