

**Subject:** 🥗 20 Fast & Easy Meal Prep Recipes

Have you ever noticed that the busier you get, the easier it is to let your diet slip?

It happens to the best of us!

One takeout meal leads to another, and not before long, you're "starting over" again.

The solution? Plan ahead ✅

To help you do that, I've put together **20 healthy make-ahead meals** that are so good, you're actually going to look forward to eating them (and making them!).

[Grab your 20 Fast & Easy Meal Prep Recipes here! <<](#)

If you can set aside just an hour once or twice a week to make these meals (I love meal prepping on Sundays and Wednesdays), you'll be set for the busy days ahead.

Plus, not only do these meals help you stay on track, but they also take care of that never-ending "*What should we eat?*" question.

What a relief, right?

**Some of the delicious recipes you'll find in your recipe guide include:**

- Homemade Peanut Butter Oat Bars
- 3 Ingredient Egg Muffins
- Meal Prep Taco Bowl (yum!)
- Buddha Bowls & Cobb Salad Jars
- DIY Protein Snack Boxes (perfect in a pinch)

And many more!

Ready to dig into some new, healthy make-ahead meals?

[Grab your meal prep recipe guide here! <<](#)

If you make any of these, make sure to take a photo and tag us on social! We love to see it!

Committed to your success,

Kathy DePalo-Mooney  
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*PS: If you think any of your friends or coworkers would enjoy these recipes, feel free to forward this email to them!*