

ZULTS

Meal Plans - Shopping & Meal Prep

Welcome to Zults 2019! Now that you've had your first SECA scan and your Week 1 meal plan is downloaded, it's time to get to the grocery store!

When should I grocery shop?

You'll have about a 5-day window between when your meal plan is available and when your new week of eating begins on the following Monday, so shop when it's most convenient for you and for your produce to remain fresh! But be sure to leave enough time to actually cook the meals.

Tip: Be sure to check off the items you already have in your kitchen on the shopping list before you head to the store!

When should I prep my food?

Prep your meals over the weekend. This way, your meals will stay fresher longer and you can grab-and-go during the week.

Tip: If your schedule allows, saving half your prep for mid-week is always an option, too.

When does my menu begin?

You'll start each new week of your meal plans on Monday.

Where can I find my menu?

Each week you'll receive a password to access your next week of meal plans. You'll enter your password here: <https://courthousezults.com/weekly-menus/>

How do the meal plans work?

Your plans should come with the meal breakdown, your shopping list, and the cooking instructions. Once you've shopped and prepped, all that's left is to stick to the plan, reheat (if necessary) and enjoy what you've prepped!

What do I do on the 7th day?

Consider it somewhat of a 'free' eating day. We recommend eating any leftovers, and sticking to healthy habits you've practiced all week.

What is 90/10?

90/10 is what we like to call balance here at Courthouse! You practice healthy habits for ninety percent of your week, leaving ten percent for everything else!

Reminder: The meal plans and sticking to them is really the difficult part of Zults - but also what leads to the best results when adhered to. We know food prep might be new for you and may feel overwhelming. We are here to help! Trust us when we say that being prepared will make all the difference. Your team leader is ready to answer any additional questions you may have during your next four weeks.

Now let's get ZULTS!