



# A Content Creation Client and Dance/Wellness Company Owner, Makenna - Social Media Copy

Professional Creatives - this is the EASIEST way to meal prep for a hectic but HEALTHY week:

I don't think the common person really understands how busy your week gets as someone in the creative space?!

As someone who has danced since before the age of five, has since worked professionally as a performer, and now owns a dance and wellness company, I see you if you feel like you're barely squeezing in two meals a day between teaching or rehearsing.

Something I hear from my wellness-focused company members, however, is how unsustainable it is to never take time for your own nutrition -

For most of us, our creative career is very physical, which means we have to focus on how we are fueling our bodies if we expect to perform well and love what we do -

If you're looking for the easiest way to integrate meal prep into your week without stressing yourself out, here's what I'm recommending to the women in my company:

Step 1: choose one meal a day that you most commonly struggle with, and make this the focus of your meal prep.

If you always find yourself sprinting out the door without eating breakfast and feeling exhausted all morning, focus on prepping overnight oats and fresh fruit before the week starts.

If it's dinner that you struggle with, that's going to be the focus of your meal prep for the week so you're not tempted to survive on Ramen after a hard day of rehearsals.

Step 2: choose the easiest meal with the highest reward - here's what I mean:

Rather than dirtying every dish in your kitchen trying to build a well-balanced dinner, search for recipes that are prepared in one pot and contain your protein, carbs, and fats (I love Pinterest for finding these recipes!)

Step 3: stick to your cooking method of choice.

If you literally have zero time to stand over the stove and wait for food to cook, invest in a slow cooker so your one pot dinner is ready when you walk in the door!

Better yet, find recipes that don't even require you to cook (cold soaked noodle dishes, overnight oats, etc.)

I hope these tools help you to fuel your body in a low stress and high nutrition way this year - let me know in the comments if you want to see a few of my favorite high impact recipes!

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