

The Protein Meal Prep Plan

Cut along the dashed lines and pass the cards around the table.

WARM-UP

1

What smell or dish instantly makes a kitchen feel like home to you, and who first cooked it for you?

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WARM-UP

2

If you tried a recipe or prep idea from the book before tonight, how did it feel to open the fridge later in the week and find something ready and waiting?

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DISCUSSION

3

The book is built around caring for your future self. What is one small thing you could do on a Sunday that would feel like a hug on a busy Wednesday?

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DISCUSSION

4

Did reading the book make cooking feel more calming or more approachable for you? Which part gave you that 'I can actually do this' feeling?

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DISCUSSION

5

Many of us feed other people as a way of showing love. How did the book make you think about the meals you make for family, friends, or just yourself?

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DISCUSSION

6

Which recipe or photo made you want to drop everything and cook right away, and what memory or craving did it stir up?

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DEEP

7

The book treats nourishing yourself as something worth planning for, not an afterthought. When have you found it hard to put your own needs on the menu, and did the book change how that feels?

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DEEP

8

Looking back over the whole book, what one habit, mindset, or kitchen ritual would you like to keep, and how would your weeks feel if it stuck?

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