



# The Capsule Kitchen Approach

EAT HEALTHY WITHOUT  
THE HASSLE

BY GERILYN BURNETT

There is a **huge misconception about healthy eating**. It goes like this: To eat healthy you need to spend hours meal planning every week, cook new recipes every night, and use all fresh ingredients.

If you do this you'll spend a part-time job cooking and cleaning. So the reality is that you'll waste a ton of money, throw away more food than you consume, and constantly feel defeated because you can't seem to stick with it... *especially* if you are busy and life often gets in the way.

**The solution isn't** a new diet, healthier food, a fancier meal plan, more recipes, more planning, or just trying harder. The solution is to make healthy eating SIMPLE and ADAPTABLE to your lifestyle.

Hi - I'm Gerilyn, founder of the Capsule Kitchen, a fast approach to eating healthy and sticking to your diet - no matter how busy life gets.

I'll show you a quick and simple framework from my Capsule Kitchen program that will help you eat healthy without the hassle of eating healthy. ;)

### ***How do you do it?***

First - stop thinking in recipes. Instead think about proteins, starches, veggies, & fats that make up meals. You can make a variety of tasty options from proteins, carbohydrates, and fats, but you cannot make taco meat into spaghetti sauce.

Second - commit to simple over fancy. What's the simplest, fastest path to healthy food in your face? How can you create the flavors you crave in <10 minutes?

Third - think about how much time you realistically have to cook this week (in total). If you have more than 3 hours total, knock yourself out on all the fancy things. But if you have <3 hours total, pick options from the left two columns of the chart on the next page.

Pick one option from each row so that your meal consists of 1 protein + 1 starch + 1 veggie + 1 fat and voila! Instant healthy, tasty meals.



Life tastes better with butter,  
*gerilyn*

# TIME TO EATING CHART

How many steps to meal-time?

## Zero Prep

*Eat or heat + eat*  
 Hands on Time: ≤5 min  
 Time To Eating: ≤5 min

## One Step Prep

*"1 cut rule"*  
 Hands on Time: 5-10 min  
 Time To Eating: ≤15 min

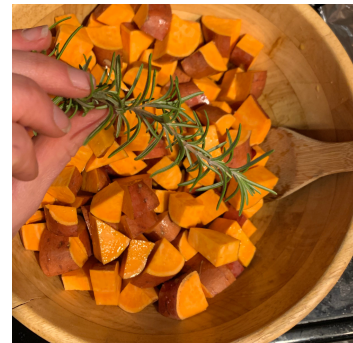
## Two Step Prep

*2 cuts or multi items*  
 Hands on Time: 10-15 min  
 Time To Eating: 15-30 min

## Three Step Prep

*Most recipes*  
 Hands on Time: 15+ min  
 Time To Eating: 30+ min

[carbohydrates]  
 starch  
 veggie  
 protein



**Zero Prep.** These are foods you can eat in  $\leq 5$  minutes. Either straight out of the fridge or heat + eat.

## HAND FOOD

- Fruits - *apples, oranges, bananas, berries*
- Bars: *Quest, RX, Epic*
- Peanut Butter packets
- Guac To-Go
- Chips - *kale, plantain, cassava, etc.*
- Jerky - strips, bars, sticks
- Crunchy edamame/chickpea
- Olive Packets
- Frozen waffles (w/PB)
- Seaweed snacks
- To-go cheeses

## STARCHES

- Rice\* - *precooked*
- Canned beans\* - *all varieties*
- Canned Lentils\*
- Cereal - Rice Krispies, Cheerios
- Potatoes\* - *all varieties*
- Plantains
- Quick Oats\*
- Breads

## FATS

- Avocados - halved
- Dressings
- Nuts & Seeds\* (& butters)
- Olives & olive oil
- Oils - avocado, coconut,
- Cheese - *all varieties*

## PROTEINS

- Rotisserie Chickens
- Pre-cooked chicken breast strips (salad section)
- Boiled/Peeled Eggs
- Deli Meat - *chicken, turkey, beef, ham*
- Cooked sausages - *chicken, turkey, pork, beef*
- Canned salmon, sardines, mackerel, tuna, etc.
- Jerky + smoked salmon
- Edamame
- Protein shake\* - *whey, pea, casein, hemp*

## VEGGIES

- Baby greens - *all varieties*
- Pre-chopped +/- or frozen:
- *greens*
- *carrots*
- *peppers*
- *mushrooms*
- broccoli, cauliflower
- squashes
- slaws
- *stirfry mix*

## OTHER

- (multiple categories)
- Milk, yogurt, kefir, cheese
  - Fruit - all varieties
  - Soup

\*Vegetarian protein

**One Step Prep.** Hands-on time: 10 min. Time to eat: 10-30 minutes (e.g., eggs vs. roasting potatoes)

## PREPARATION METHODS

Pressure or Slow Cooker

Stove - sear/sauté

Oven - roast, broil

Grill

## "1 Cut Rule"

Only one *kind of cut*. E.g., slicing (1 cut) vs. cubing (2-3 kinds of cuts) potatoes

## PROTEINS

These are one-step preparation methods, not including marinades (unless you prepare the marinade for a future cooking session).

- Eggs - *scrambled, fried, or poached*
- Ground Meats - *beef, lamb, chicken, turkey*
- Chicken/Turkey Breasts
- Steak
- Roasts - *all varieties* (Instant Pot or Oven)
- Fish Filets: *salmon, tuna, etc.*

**OTHER:** Starting a quick marinade (e.g., salad dressing marinade) for chicken/beef/etc that you will cook in the future.

## STARCHES

- Rice\*
- Beans\* - *all varieties*
- Lentils\*
- Oats\*
- Potatoes - *sliced or frozen*
- Plantains - *sliced + pan fried*
- Winter Squashes - *frozen*
- Pastas
- Corn - *fresh, popped corn*

## VEGGIES

- Asparagus
- Brussels Sprouts - *de-stemmed*
- Cabbage
- Lettuces - *all varieties*
- Mushrooms - *pre-washed*
- Okra - *sautéed*
- Summer Squashes - *all varieties*
- All frozen pre-prepared: *bell peppers, broccoli, Brussels sprouts, etc.*

## FATS

- Avocados - *sliced*
- Cheese - *freshly grated*

\*Vegetarian protein

**Two Step Prep.** Two kinds of cuts or steps. Hands-on time: 10-15 min.

Time to eat: 15-30 min.

These are things you do not need a recipe to make. You can easily make them from memory. Can include your go-to recipes that are quick + easy.

## PREPARATION METHODS

Includes two-step cooking methods like:

Sear + Cook (slow cooker or oven) low + slow

Cooking multiple 1-step things (pasta in one pot, sauce in another)

## PROTEINS

These are two-step preparation methods. Less chopping fresh ingredients and more reliance on spices, pre-chopped/frozen/paste garlic or onions

Meatballs

Salmon Patties

All things in a homemade marinade - *steak, chicken, pork, lamb, roasts, turkey, tofu\** etc.

Egg Salad\*

Meat sauces - *simple bolognese*

Shrimp - *peeled + sautéed*

Lentils\*

## STARCHES

Potatoes - *cubed*

Carrots - *peel + prep*

Mushrooms - *wash + chop*

## VEGGIES

Spaghetti Squash

Kale

Mushrooms

Bell Peppers - *fresh*

Onions - *all varieties*

Broccoli - *fresh*

Cauliflower - *fresh*

## FATS

Peanut Butter balls\*

Guac

Toasted Coconut Chips

Coconut Milk Curry

## OTHER:

For curries, sauces, + other meals, the F2 time frame means you're using more pre-prepared ingredients rather than prepping all fresh ingredients.

\*Vegetarian protein

# HOW TO USE THIS CHART

**It's as easy as 1-2-3...**

1. Print it out.
2. Select a column
3. Go to the store
4. Pick the foods you enjoy
5. Buy them
6. Plug-and-play to create a variety of delicious tasty options you love in minutes.

---

Instead of planning for the best scenario – having all the time in the world to cook with a glass of wine and no interruptions – the Time to Eating chart plans for the worst scenario – on meetings going over, fires to put out, exhaustion, and busy-ness – AND eating healthy anyway.

I hope this framework helps you find success in following through on your healthy eating intentions when you are strapped for time. You now have a variety of options and a framework of how to put them together.

*Want more? Join the **#CapsuleKitchen** to save 3+ hours in the kitchen each week with the foolproof system to make sure you always eat healthy, especially when life gets in the way.*

See you soon.