

Coach Loc
**BODY CRAFTING
SYSTEM**

A STEP-BY-STEP SYSTEM TO BUILD
YOUR OWN WORKOUT PLAN.



VOL. 1

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01

Introduction



Welcome to the course!

I'm thrilled to have you here and excited to guide you through the often confusing world of fitness.

In this course, you'll learn how to build your own personalized fitness plan. As a bonus, I've included simplified diet tips, meal prep strategies, and premade fitness routines to support you along the way.

But the core focus of this ebook is on teaching you to create a fitness plan that fits your lifestyle, allowing you to stick to your goals—even while on vacation! You'll also learn how to develop a sustainable diet plan you enjoy and can follow for life.

Drawing from years of experience and countless mistakes, I'm here to teach you what truly works.

WHO WILL BENEFIT FROM THIS COURSE?

Anyone with a fitness goal!

Whether you want to lose weight or gain muscle, this course covers everything you need to reach your fitness goals, designed your way.

This course is not for those looking for flashy or gimmicky tactics to lose weight or gain muscle. Most of what you see online is not only ineffective but can also be dangerous.

Instead, this course is for people who want to reach their fitness goals efficiently, without wasting years (or even decades—I've seen people work out for a decade without real progress!) experimenting with different methods.

I've spent thousands of hours learning about fitness and diet and over 15 years applying these principles. What have I learned?

To achieve your ideal physique, you only need the basics—the core principles of diet and fitness.

Do Not Underestimate the Basics

In this course, I'll teach you the principles and fundamentals of fitness and diet, so you'll have a solid foundation and won't need to watch another diet or fitness video to achieve your dream physique.

But, of course, you need to put in the work.

MY FITNESS & DIET PHILOSOPHY

This philosophy isn't limited to fitness and diet; it applies to all areas of life. To become extraordinary, you have to practice the ordinary things for an extraordinarily long time.

In other words, master the basics.

I've seen this principle prove true in every area I've worked on improving, from coding to social skills to fitness. While the internet often promotes obscure techniques, the reality is that most "advanced" methods are based on fundamental basics.

In social skills, it's listening more than you speak.
In coding, it's building more than you learn.
In fitness, it's about proper form and basic exercises.

I guarantee that if you focus on the basics of fitness and diet, as I'll teach you here, you'll achieve your goals faster than most people.

Give it a year, at a minimum, and you'll surpass most people in fitness. After that, you might consider exploring more advanced techniques.

Before We Begin: The Most Important Principle in Fitness and Diet

Consistency.

Consistency—really, emotional self-control—is the key. Everyone has heard it before, yet few truly take it seriously. Consistency is crucial in all pursuits, but unfortunately, many people are only consistently inconsistent.

So, how do you overcome inconsistency?
You act, regardless of how you feel.

It sounds simple because it is.

The underlying principle behind consistency and discipline is emotional self-control. With strong emotional self-control, you can achieve anything in life.

This is a vast topic, but I'll give you an overview here: Just do the thing. Emotions come and go, but the results of your actions are lasting.

A great video to help you understand emotional control is linked here:

<https://www.youtube.com/watch?v=hYZmK46--Mc>

CHAPTER

02

Basics of fitness



Here are the foundational principles of fitness:

1. Muscle Groups & Frequency
2. Progressive Overload
3. Exercise Selection
4. Form

By combining these core principles, you can build an effective workout plan, so pay close attention.

2.1 MUSCLE GROUPS & FREQUENCY

Muscle groups are generally divided into larger and smaller groups:

- Large Muscle Groups: Chest, back, legs, and abs.
- Small Muscle Groups: Shoulders, biceps, triceps, and calves.

As a rule, larger muscle groups require more frequent training, while smaller muscle groups need less frequent training.

2.1 MUSCLE GROUPS & FREQUENCY

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As a rule, larger muscle groups require more frequent training, while smaller muscle groups need less frequent training.

And regarding the repetitions. Just stick with 7-12 reps.

That is the optimal range.

1. OPTIMAL FOR MAXIMUM GROWTH (ADVANCED, FULL COMMITMENT)

For those who want to prioritize muscle hypertrophy and can dedicate more time to training.

Chest: 15-30 (or more) sets per week

Back: 15-30 (or more) sets per week

Shoulders: 12-20 sets per week

Biceps: 8-15 sets per week

Triceps: 8-15 sets per week

Legs (Quads, Hamstrings, Glutes): 15-22 sets per week

Calves: 8-15 sets per week

Abs: 10-15 sets per week

Key Notes for Maximum Growth:

Frequency: 2-3 times per week per muscle group (e.g., push/pull/legs or upper/lower split).

Volume: Spread the sets across multiple days to avoid excessive fatigue in one session.

Recovery: Focus on sleep, nutrition, and recovery methods to handle the high volume.

2. MODERATE GROWTH (TIME EFFICIENT, STILL EFFECTIVE)

For those with less time but who still want solid muscle-building results.

Chest: 10-15 sets per week

Back: 12-18 sets per week

Shoulders: 10-15 sets per week

Biceps: 6-12 sets per week

Triceps: 6-12 sets per week

Legs (Quads, Hamstrings, Glutes): 12-18 sets per week

Calves: 6-12 sets per week

Abs: 8-12 sets per week

Key Notes for Moderate Growth:

Frequency: 2 times per week per muscle group (e.g., upper/lower or full-body splits).

Volume: Manageable, yet enough to stimulate growth.

Intensity: Ensure each set is performed with enough intensity (close to failure).

3. SLOWER GROWTH (BUSY SCHEDULE, MINIMAL COMMITMENT)

For those with limited time who still want to make progress or maintain muscle.

- Chest: 6-10 sets per week
- Back: 8-12 sets per week
- Shoulders: 6-10 sets per week
- Biceps: 4-8 sets per week
- Triceps: 4-8 sets per week
- Legs (Quads, Hamstrings, Glutes): 8-12 sets per week
- Calves: 4-8 sets per week
- Abs: 5-8 sets per week

Key Notes for Slower Growth:

- Frequency: Two full-body workouts per week to efficiently target all muscle groups.
- Volume: Low to moderate, sustainable for progress with minimal time.
- Intensity: Perform each set close to failure to maximize results.
- Rest Days: Take 2–3 days between sessions for adequate recovery.

2.2: PROGRESSIVE OVERLOAD

It shouldn't be a surprise, but to build muscle, you need to increase the weight you lift over time—if possible, each week.

It also follows that training more frequently allows you to progress faster.

The heavier the weight you lift, the stronger you'll become, and strength enhances your overall appearance.

This is why it's essential to stick with basic exercises.

By getting stronger with foundational exercises, you'll naturally improve your performance on other lifts as well.

2.2: FORM

While it's important to aim for heavier weights, proper form should always be the top priority. Always.

If you increase the weight but notice your form suffers significantly, reduce the weight.

The worst thing you can do is lift heavy weights with poor form—it's a fast track to injury.

Find the balance: challenge yourself, but always maintain good form.

2.3: EXERCISE SELECTION

I've been working out for 15 years and have tried countless exercises, including every popular social media trend out there.

Believe me—most of them are useless. The only exercises that truly deliver results are the basics.

Once you've mastered the basics, you can branch out to more specialized exercises.

However, I only recommend this after at least three years of training with foundational movements.

You can find instructional videos on performing these exercises on YouTube or on my Twitter!

CHEST

Bench Press (Barbell or Dumbbell)

Incline Dumbbell Press

Machine Press

Cable Flys

Push-ups (weighted if needed)

Dips (Chest-focused)

Pec Dec machine

BACK

Seated Cable Row

Pull-ups/Chin-ups (weighted if necessary)

Barbell Rows (or Dumbbell Rows)

Lat Pulldown

T-Bar Rows

SHOULDERS

Overhead Press (Barbell or Dumbbell)

Lateral Raises (Dumbbell or Cable)

Rear Delt Flys (Dumbbell or Machine)

Arnold Press

Face Pulls

BICEPS

Barbell Curls (or EZ Bar Curls)

Dumbbell Curls

Hammer Curls

Concentration Curls

TRICEPS

Close-Grip Bench Press

Dips (Triceps-focused)

Skull Crushers (Lying Tricep Extensions)

Tricep Pushdowns (Cable)

LEGS (QUADS):

Squats (Barbell or Dumbbell)

Leg Press

Lunges

LEGS (HAMSTRINGS):

Romanian Deadlifts

Leg Curls (Machine or Cable)

LEGS (GLUTES):

Hip Thrusts (Barbell or Bodyweight)

Glute Bridges

Bulgarian Split Squats

CALVES:

Standing Calf Raises

Seated Calf Raises

Donkey Calf Raises

ABS

Planks (Standard, Side, or Weighted)

Leg Raises (Hanging or Lying)

Cable Crunches

A silver pen lies diagonally in the upper left corner. A white spiral-bound notebook is open, showing a blank page, and is positioned in the lower right. The entire scene is set against a white marble background with grey veining.

CHAPTER

03

*Building your own
workout plan*

Now let's dive into creating your own workout plan. The process involves combining the basics covered above and incorporating them into your routine.

Let's start together!

The first step is to determine how many days per week you can work out.

Here's a brief guide on what to train depending on the number of days you can work out (a minimum of two days per week is recommended):

- 2 Days: Full-body workouts both days.
- 3 Days: Upper and lower body split. For example, train the upper body twice and the lower body once if you want to focus more on the upper body, or reverse it to focus on the lower body.
- 4 Days or More: Choose muscle groups to focus on. For instance, if you want to prioritize chest and triceps, you could do one day for chest and triceps, two upper body days, and one lower body day.

Next, decide how many sets per week you'll do for each muscle group.

If you add more sets, you'll spend more time in the gym.

So, if you can only work out twice a week for 40 minutes, you won't have time for 20 sets of chest exercises.

Instead, reduce it to around 6 sets for slower growth.

As a rule of thumb, performing 3 sets of an exercise takes about 5 minutes. So, with a 40-minute workout, you can fit in around 24 sets total.

Keep the repetition around 7-12 reps.

Now that you know your weekly workout days and roughly how many sets you can fit into your time, the next question is: Which exercises should you do?

Here's my (possibly controversial) answer: do the exercises you enjoy. There's no definitive "right" or "wrong" choice here (if you have chosen from the list of course).

For example, if you want to maximize chest gains and aim for 20 sets each week, there's nothing stopping you from doing all 20 sets as bench presses.

I've tried this myself and achieved great chest gains from bench pressing alone.

Some Important Tips to Keep in Mind:

1. While it's possible to do 20 sets of bench presses, other smaller muscles are better targeted with different exercises. You can build a solid chest with bench presses alone, but incorporating other exercises can add balance.
2. Spread your 20 sets across two days for better efficiency and safety. Doing 20 sets in one day isn't as effective, and it could increase your risk of injury. Spreading it out over two days is more efficient.
3. Remember, your workout plan is a roadmap for your fitness journey. You still need to “drive well”—meaning, perform exercises with good form (Principle 4) and strive to increase weight over time (Principle 2).

To help you get started, I'll walk you through a sample full-body workout plan.

3.1. STEP 1 DECIDE WORKOUT DAYS

So, to recap, here is my recommendation for which muscle groups to train based on the number of days you can work out:

- 2 Days: Full-body workouts on both days.
- 3 Days: Upper/lower split (e.g., 2 upper body days, 1 lower body day, or vice versa).
- 4+ Days: Focus on target muscles (e.g., 1 day for chest/triceps, 2 upper body days, 1 lower body day).

Let's say we want to workout 3 days in a week.

I like to train upper body so let's do 2 times upper 1 time lower.

Day 1: Upper

Day 2: Lower

Day 3: Upper

3.2: STEP 2 DETERMINE WEEKLY SETS

To determine the total number of sets you can do in a day, start by figuring out how much time you can dedicate to your workout.

As a rule of thumb, you can complete about 24 sets in 40 minutes. So, if you have an hour (60 minutes), that would be around 36 sets.

Distribute the sets across the muscle groups you're training, adding extra sets to the muscle groups you want to prioritize (See 2.1 Muscle Groups & Frequency).

For this example we want to focus on chest.

Day 1: Upper (36 sets)

Chest: 16 sets

Back: 12 sets

Bicep: 4 sets

Abs: 4 sets

Day 2: Lower (18 sets, quicker work out)

Quads: 8 sets

Hamstrings: 4 sets

Glutes: 3 sets

Calves: 3 sets

Day 3: Upper (36 sets)

Chest: 16 sets

Back: 12 sets

Tricep: 4 sets

Abs: 4 sets

3.3: STEP 3 CHOOSE EXERCISES

Pick exercises you enjoy, especially the basics. You can focus on one (like bench press) or mix.

I recommend you mix! But do whatever you want to do.

Day 1: Upper (36 sets)

Chest: 16 sets

- Bench Press: 4 sets x 7–12 reps
- Cable Flys: 4 sets x 7–12 reps
- Incline Dumbbell Press: 4 sets x 7–12 reps
- Machine Press: 4 sets x 7–12 reps

Back: 12 sets

- Lat Pulldown: 4 sets x 7–12 reps
- Barbell Row: 4 sets x 7–12 reps
- T-Bar Row: 4 sets x 7–12 reps

Biceps: 4 sets

- Dumbbell Curl: 4 sets x 7–12 reps

Abs: 4 sets

- Hanging Leg Raise: 4 sets x 10–15 reps

Day 2: Lower (18 sets, quicker work out)

Quads: 8 sets

- Squat: 4 sets x 8–12 reps
- Leg Press: 4 sets x 8–12 reps

Hamstrings: 4 sets

- Leg Curl: 4 sets x 8–12 reps

Glutes: 3 sets

- Hip Thrust: 3 sets x 8–12 reps

Calves: 3 sets

- Standing Calf Raise: 3 sets x 12–20 reps

Day 3: Upper Body (36 sets)

Chest: 16 sets

- Bench Press: 4 sets x 7–12 reps
- Incline Dumbbell Press: 4 sets x 7–12 reps
- Pec Deck Machine: 4 sets x 7–12 reps
- Decline Push-Ups: 4 sets to failure

Back: 12 sets

- Pull-Ups or Lat Pulldown: 4 sets x 7–12 reps
- Seated Row: 4 sets x 7–12 reps
- Dumbbell Row: 4 sets x 7–12 reps

Triceps: 4 sets

- Tricep Pushdown: 4 sets x 8–12 reps

Abs: 4 sets

- Cable Crunch: 4 sets x 10–15 reps

CHAPTER

04

*Premade Workout
plans*



Here are three premade workout plans for you to use or take inspiration from.

Three Levels:

1. Beginner
2. Intermediate
3. Advanced

You can start with the advanced level if you like—nothing is holding you back! Test each level to see which fits you best.

4.1: BEGINNER FULL BODY PLAN

Workout Schedule

- **Sunday:** Rest
- **Monday** (Full Body)
 - Chest: Bench Press - 4 sets x 12
 - Back: Bent Over Barbell Row - 4 sets x 12
 - Legs: Squats - 4 sets x 12
 - Triceps: Cable Tricep Extension - 4 sets x 12
- **Tuesday** (Abs)
 - Abs: Leg Raises - 4 sets x 12
- **Wednesday:** Rest
- **Thursday** (Full Body)
 - Chest: Incline Dumbbell Press - 4 sets x 12
 - Back: Wide Grip Lat Pulldown - 4 sets x 12
 - Legs: Lunges - 4 sets x 12
 - Biceps: Bicep Curl - 4 sets x 12
- **Friday** (Abs)
 - Abs: Leg Raises - 4 sets x 12
- **Saturday** (Shoulders & Arms)
 - Shoulders: Shoulder Press - 4 sets x 12
 - Shoulders: Side Lateral Raise - 4 sets x 12
 - Biceps: Bicep Curl - 3 sets x 12
 - Triceps: Skull Crusher - 3 sets x 12

Total Sets Per Muscle Group

- Chest: 8 sets
- Back: 8 sets
- Legs: 8 sets
- Triceps: 4 sets
- Biceps: 7 sets
- Shoulders: 8 sets
- Abs: 8 sets

4.2: INTERMEDIATE WORKOUT PLAN

Workout Schedule

- **Sunday:** Rest
- **Monday** (Chest & Triceps)
 - Chest: Bench Press - 4 sets x 12
 - Chest: Incline Dumbbell Press - 4 sets x 12
 - Chest: Cable Fly - 4 sets x 12
 - Triceps: Skull Crushers - 4 sets x 12
 - Abs: Hanging Leg Raises - 4 sets x 12
- **Tuesday** (Back & Biceps)
 - Back: Wide Grip Lat Pulldown - 4 sets x 12
 - Back: Barbell Row - 4 sets x 12
 - Back: Close Grip Pulldown - 4 sets x 12
 - Biceps: Dumbbell Bicep Curl - 4 sets x 12
- **Wednesday** (Legs & Abs)
 - Legs: Squats - 4 sets x 12
 - Legs: Lunges - 4 sets x 12
 - Legs: Leg Extension - 4 sets x 12
 - Calves: Calf Raises - 4 sets x 12
 - Abs: Hanging Leg Raises - 4 sets x 12
- **Thursday** (Shoulders & Arms)
 - Shoulders: Military Press - 4 sets x 6-10
 - Shoulders: Lateral Raises - 4 sets x 10-12
 - Shoulders: Shrugs - 4 sets x 10-12
 - Triceps: Tricep Cable Extension - 4 sets x 12
 - Biceps: Bicep Hammer Curl - 4 sets x 12
- **Friday:** Rest

- **Saturday** (Filler Day)
 - Choose one muscle group that you feel needs more focus and train it using the same structure.
 - Abs: Cable Crunch - 4 sets x 20

Total Sets Per Muscle Group

- Chest: 12 sets
- Back: 12 sets
- Legs: 12 sets
- Triceps: 8 sets
- Biceps: 8 sets
- Shoulders: 12 sets
- Abs: 12 sets
- Calves: 4 sets

4.3: ADVANCED WORKOUT PLAN

Workout Schedule

- **Sunday (Legs & Abs)**

- Legs: Squats - 4 sets x 12
- Legs: Lunges - 4 sets x 12
- Legs: Leg Extension - 4 sets x 12
- Legs: Hip Thrust - 4 sets x 12
- Abs: Hanging Leg Raises - 4 sets x 12
- Lower Back/Glutes: Stiff Leg Deadlift - 4 sets x 12

- **Monday (Chest & Abs)**

- Chest: Bench Press - 4 sets x 12
- Chest: Incline Dumbbell Press - 4 sets x 12
- Chest: Cable Fly - 4 sets x 12
- Chest: Cable High-Low - 4 sets x 12
- Triceps: Skullcrushers - 4 sets x 12
- Back: Close Grip Pulldown - 4 sets x 12
- Biceps: DB Bicep Curl - 4 sets x 12
- Abs: Cable Crunch - 4 sets x 20

- **Tuesday (Back & Biceps)**

- Back: Wide Grip Lat Pulldown - 4 sets x 12
- Back: Barbell Row - 4 sets x 12
- Back: One Arm Row - 4 sets x 12
- Biceps: Dumbbell Curl - 4 sets x 12

- **Wednesday (Legs & Abs)**

- Legs: Squats - 4 sets x 12
- Legs: Lunges - 4 sets x 12
- Legs: Leg Extension - 4 sets x 12
- Calves: Calf Raises - 4 sets x 12
- Abs: Hanging Leg Raises - 4 sets x 12

- **Thursday (Shoulders & Abs)**

- Shoulders: Military Press - 4 sets x 6-10
- Shoulders: Lateral Raises - 4 sets x 10-12
- Shoulders: Rear Delt Raises - 4 sets x 20
- Shrugs: 4 sets x 10-12

- **Friday: Rest**

- **Saturday (Full Body/Upper Focus)**

- Chest: Incline DB Press - 4 sets x 20
- Back: Barbell Row - 4 sets x 20
- Biceps: DB Bicep Curl - 4 sets x 20
- Triceps: Skullcrushers - 4 sets x 20
- Abs: Hanging Leg Raises - 4 sets x 12

Total Sets Per Muscle Group

- Chest: 20 sets
- Back: 20 sets
- Legs: 16 sets
- Triceps: 8 sets
- Biceps: 8 sets
- Shoulders: 12 sets
- Abs: 12 sets
- Calves: 4 sets

BONUS CHAPTER

05

*Creating your own
diet plan*



5.1: DIET BASICS

Diet is a big topic, and it's impossible to cover everything you need to know in this document. However, here are the most important key points I've learned about diet and weight loss.

It Doesn't Matter What Diet You Choose

If you search the internet to start a diet, you'll encounter thousands of options—keto, vegan, paleo, and more. New diets pop up almost daily. I'll save you the headache and tell you that none of them is the magic key to weight loss. All that matters is calories in versus calories out.

Calories In vs. Calories Out

The fundamental rule for losing weight is simple: calories in versus calories out. What does that mean? You lose weight when you burn more calories than you consume. So, if your daily caloric maintenance is 2200 calories (the amount you need to maintain your weight at your activity level), you need to consume 2200 calories or fewer to lose weight. For gaining weight, the opposite applies.

Avoid Crash Dieting

That being said, don't cut your calories down to a ridiculously low amount, like 1200 calories.

Yes, you may lose weight quickly, but you're almost guaranteed to regain it. There are countless downsides to drastically reducing calories, with the biggest being that it's unsustainable and will almost certainly lead to rebound weight gain. The term for this is "crash dieting"—avoid it at all costs.

Meal Prepping

If you're dieting and not meal prepping, you're setting yourself up for failure.

Meal prepping is, without a doubt, the most efficient way to manage your diet and lose weight effectively. With meal prepping, you have predictable calorie, protein, and macro intakes, plus it saves you a lot of time. You prep your meals once over the weekend, and they're ready to go throughout the week.

Prioritize Diet Over Cardio

You probably know this already, but always prioritize diet over cardio for weight loss. If you want to lose weight, focus on your diet first. If you want to gain weight, you don't even need to consider cardio.

5.2: CREATING YOUR OWN MEALPREP

You will have three meals: Breakfast, Lunch, and Dinner.

This diet plan focuses primarily on lunch, but you can swap this with dinner if you prefer. The idea is to have one large, clean meal during the day.

The goal of this big, clean meal is to keep you feeling full for an extended period with as few calories and as much protein as possible. This way, you'll feel satiated longer while consuming fewer calories.

The only rule here is to avoid high-calorie foods. One high-calorie meal can derail this entire plan, so eat as clean as possible. Avoid fried foods, hamburgers, and anything you know is unhealthy.

For breakfast, keep it simple: options like an egg omelet with a slice of bread, boiled eggs, or fruit with Greek yogurt. Keep it light and low in calories.

For the big meal, we'll focus on meal prepping, as this is the most important part of the plan. So, let's dive in!

For the big meal, we'll focus on meal prepping, as this is the most important part of the plan. So, let's dive in!

There are three components to this meal:

1. Protein
2. Vegetables
3. Carbohydrates

For each component, choose your favorite foods. Here's a small list of options for each category, but feel free to do your own research to find what best suits you:

- Protein: Chicken breast, turkey, lean beef, tofu, salmon, white fish
- Vegetables: Broccoli, spinach, bell peppers, carrots, zucchini, asparagus
- Carbohydrates: Brown rice, sweet potatoes, quinoa, whole-grain pasta, oats

I personally prefer to keep my carbs very low or even non-existent. However, I understand that most people enjoy carbs in their meals, so definitely include them if that's your preference.

Now, combine the three components (protein, vegetables, and carbohydrates) and search for meal prep options online. For example, try searching "Chicken, broccoli, carrots, rice meal prep."

Recipes



Chicken, Rice and Broccoli Meal Prep

Eats by April

4,7 ★★★★★ (13)

55 mins

Broccoli, basmati rice, skinless chicken breasts, lemon, honey



Chicken and Broccoli Stir Fry Meal Prep

Kirble's Cravings

No reviews

25 mins

Brown rice, chicken breast, oyster sauce, soy sauce,



Chicken Rice Veggie Meal Prep

Allie Carte Dishes

No reviews

1 hr 10 mins

Chicken breast, broccoli, carrots, seasoned salt, garlic

Show more



Kirble's Cravings

<https://kirblecravings.com> » Recipes

Chicken and Broccoli Stir Fry Meal Prep

16 May 2017 — Chicken and Broccoli Stir Fry is an easy meal that can be made ahead of time in large quantities for your weekly meal prep.

25 mins



Is that it? Yep.

Do you need to count your calories? Not necessarily. If the meal prep is around 800 calories or below, that's already perfect, to be honest.

Don't want to do it yourself?

Totally understandable, and don't sweat it—I have some pre-made options here for you!

5.3: EASY AIR FRY CHICKEN THIGH

Overwhelmed by the multitude of recipes and diets out there? Simplify your meal planning with Coach Loc's proven lean meal strategy.

Incorporating a very lean meal into your daily routine can allow you the flexibility to enjoy your second meal without guilt. This thread will guide you through preparing a simple, nutritious meal that's both satisfying and low in calories.



Ingredients for One Day

- **Chicken Thigh Fillet:** 0.88 lbs (400 grams)
- **Cajun Seasoning:** 14g
- **Chicken Broth:** Enough to cook the vegetables (approximately 1/2 to 3/4 cup)
- **Vegetables:** 0.88 lbs (400 grams), choose from carrots, broccoli, green beans, or a mix of your favorites

Instructions

1. **Season Chicken:** Rub the Cajun seasoning thoroughly onto the chicken thighs.
2. **Cook Chicken:** Preheat your air fryer to 180°C (356°F). Place the seasoned chicken in the air fryer basket and cook for 20-25 minutes, or until the chicken is golden and reaches an internal temperature of 165°F (74°C).
3. **Prepare Vegetables:** Place the chosen vegetables in a pan or pot. Pour the chicken broth over the vegetables, enough to partially cover them. Steam or simmer until the vegetables are tender but still vibrant, about 7-10 minutes depending on the type of vegetables used.
4. **Assemble:** Serve the cooked chicken alongside the broth-steamed vegetables. If preparing for later, divide into containers and refrigerate.

Optional Protein Variations for One Day

- **Tuna & Mustard:** Use about 0.88 lbs (400 grams) of tuna, dressed with mustard as an alternative to chicken.
- **Air-fried Tofu:** For a plant-based option, use 0.88 lbs (400 grams) of tofu. Season similarly and air fry until crispy.
- **Sweet Potatoes:** Use 0.88 lbs (400 grams) of diced sweet potatoes as a carb alternative. Season and air fry until tender.

Storage

- **Refrigeration:** Store in an airtight container and consume within 24 hours for best freshness.
- **Reheating:** If stored, reheat in the microwave until hot, about 2-3 minutes.

Nutritional Information (estimated per meal)

- **Calories:** 300-400
- **Protein:** High
- **Carbohydrates:** Low (higher if using sweet potatoes)
- **Fat:** Moderate, depending on the cooking method and type of chicken used

Tips

- **Seasoning Variety:** Experiment with different seasoning blends to keep the meals interesting without adding calories.
- **Veggie Rotation:** Rotate the vegetables weekly to ensure a variety of flavors and nutrients.

5.4: GREEK TURKEY MEATBALL MEAL PREP BOWLS

In our ever-busy lives, finding time to cook every day can be a challenge, which is why meal prep is a lifesaver. These Greek Turkey Meatball Meal Prep Bowls are packed with flavor and nutrients, making your weekday lunches something to look forward to. Featuring tender, spiced turkey meatballs, a refreshing cucumber salad, and fluffy cauliflower rice, this meal is a delightful mix of taste and health.



Ingredients

For the Meatballs:

- 1.5 lbs Ground Turkey
- 1 tsp Salt
- ½ tsp Oregano
- ¼ tsp Dried Mint
- ¼ tsp Crushed Red Pepper Flakes
- ½ tsp Garlic Powder
- 2 Tbls Almond Flour
- 1 Egg
- ¼ cup Tapioca Starch

For the Cucumber Salad:

- 1 Tomato, chopped
- 1 cup English Cucumber, chopped
- ¼ cup Red Onion, chopped
- 1 Tbls Avocado Oil
- 2 tsp Red Wine Vinegar
- 1 Tbls Fresh Mint, chopped

For the Cauliflower Rice:

- 1 Tbls Avocado Oil
- 2 cups Cauliflower Rice

Instructions

1. Meatballs:

- Preheat oven to 400°F.
- Combine all meatball ingredients (except tapioca flour) in a bowl. Form into balls.
- Roll meatballs in tapioca starch mixed with a pinch of salt and pepper.
- Brown in a skillet with avocado oil, then bake on a sheet for 10 minutes until cooked through.

2. Cucumber Salad:

- Toss all ingredients in a bowl. Refrigerate to blend flavors while preparing the rest of the meal.

3. Cauliflower Rice:

- Heat oil in a skillet. Add cauliflower rice, cooking until fluffy (about 5-10 minutes). Season with salt and pepper.

Tips for Tender Meatballs

- Avoid overworking the meat mix to keep the meatballs tender.
- Use ground turkey that's not too lean to ensure juiciness.
- Brown the meatballs before baking to lock in moisture.

Serving and Storage

- Serve bowls cold, mixing meatballs, salad, and rice for a refreshing meal.
- Store components separately in airtight containers in the fridge for up to 4 days.