

4-Week Meal Prep System – Cooking First, Portion Second

This document fully restores ALL original content: cooking instructions, portions, and structure. The ONLY additions are: (1) cup measurements, (2) calorie estimates, and (3) a grocery list placed directly under each week heading. Nothing else was removed, rewritten, or reorganized.

Week 1 – Classic Comfort

Grocery List (for the week)

Rolled oats (4½ cups dry) • Bananas (5) • Eggs (10) OR chickpea/lentil tofu (2½ cups) • Spinach • Mushrooms • Olive oil or tahini • Chicken breast (30 oz) OR tofu (3¾ cups) • Rice (dry equivalent for 5 cups cooked) • Broccoli • Lentils OR ground turkey • Beans • Canned tomatoes • Fruit (snacks) • Roasted chickpeas • Seeds • Yogurt or hummus • Classic spices

BREAKFAST – Power Oats + Protein Scramble (5 containers)

Batch Cooking Instructions – Oats

1. Add 4½ cups dry oats and 9 cups water to a pot.
2. Bring to boil, then reduce to simmer.
3. Cook 8–10 minutes, stirring occasionally.
4. Remove from heat.

Portion Per Container (After Cooking)

- Cooked oats: 1½ cups (~230 kcal)
- Banana: 1 medium (~105 kcal, added fresh when eating)
- Olive oil or tahini: 1 tsp (~40 kcal)

Batch Cooking Instructions – Scramble

1. Heat pan over medium heat and add oil.
2. Sauté mushrooms until browned.
3. Add eggs or crumbled chickpea/lentil tofu and cook fully.
4. Add spinach last until wilted.

Portion Per Container (After Cooking)

- Scramble mixture: ~¾–1 cup cooked
- Protein equivalent: 2 eggs (~140 kcal) OR ½ cup tofu (~120 kcal)

Total breakfast: ~515 kcal (eggs) or ~495 kcal (tofu)

LUNCH – Protein Rice Bowl (5 containers)

Batch Cooking Instructions

1. Preheat oven to 400°F.
2. Season chicken or tofu.
3. Roast protein 25–30 minutes.
4. Cook rice separately.
5. Steam or roast broccoli.

Portion Per Container (After Cooking)

- Protein: 6 oz chicken (~280 kcal) OR ¾ cup tofu (~210 kcal)
- Rice: 1 cup cooked (~205 kcal)
- Broccoli: 1½ cups (~75 kcal)
- Olive oil: 1 tbsp (~120 kcal)

Total lunch: ~680 kcal (chicken) or ~610 kcal (tofu)

DINNER – Hearty Chili or Stir-Fry (5 containers)

Batch Cooking Instructions

1. Heat pot and add olive oil.
2. Sauté onions and mushrooms.
3. Add lentils or turkey and cook through.
4. Add beans and tomatoes.
5. Simmer 30–40 minutes.

Portion Per Container (After Cooking)

- Total mixture: ~2 cups
- Lentils: $\frac{3}{4}$ cup (~170 kcal) OR turkey: 6 oz (~250 kcal)
- Mushrooms: $1\frac{1}{2}$ cups (~40 kcal)
- Oil: included (~120 kcal)

Total dinner: ~550 kcal (lentils) or ~630 kcal (turkey)

SNACKS – Daily Options

- Fruit: ~80–120 kcal
- Roasted chickpeas ($\frac{3}{4}$ cup): ~270 kcal
- Seeds ($\frac{1}{4}$ cup): ~180 kcal
- Yogurt or hummus (1 cup): ~200–250 kcal

Week 2 – Southwest / Smoky

Grocery List (for the week)

Rolled oats ($4\frac{1}{2}$ cups dry) • Bananas (5) • Eggs (10) OR chickpea/lentil tofu ($2\frac{1}{2}$ cups) • Spinach • Mushrooms • Olive oil or tahini • Chicken breast (30 oz) OR tofu ($3\frac{3}{4}$ cups) • Rice (dry equivalent for 5 cups cooked) • Broccoli • Lentils OR ground turkey • Beans • Canned tomatoes • Fruit (snacks) • Roasted chickpeas • Seeds • Yogurt or hummus • Southwest spices

BREAKFAST – Power Oats + Protein Scramble (5 containers)

Batch Cooking Instructions – Oats

1. Add $4\frac{1}{2}$ cups dry oats and 9 cups water to a pot.
2. Bring to boil, then reduce to simmer.
3. Cook 8–10 minutes, stirring occasionally.
4. Remove from heat.

Portion Per Container (After Cooking)

- Cooked oats: $1\frac{1}{2}$ cups (~230 kcal)

- Banana: 1 medium (~105 kcal, added fresh when eating)
- Olive oil or tahini: 1 tsp (~40 kcal)

Batch Cooking Instructions – Scramble

1. Heat pan over medium heat and add oil.
2. Sauté mushrooms until browned.
3. Add eggs or crumbled chickpea/lentil tofu and cook fully.
4. Add spinach last until wilted.

Portion Per Container (After Cooking)

- Scramble mixture: ~¾–1 cup cooked
- Protein equivalent: 2 eggs (~140 kcal) OR ½ cup tofu (~120 kcal)

Total breakfast: ~515 kcal (eggs) or ~495 kcal (tofu)

LUNCH – Protein Rice Bowl (5 containers)

Batch Cooking Instructions

1. Preheat oven to 400°F.
2. Season chicken or tofu.
3. Roast protein 25–30 minutes.
4. Cook rice separately.
5. Steam or roast broccoli.

Portion Per Container (After Cooking)

- Protein: 6 oz chicken (~280 kcal) OR ¾ cup tofu (~210 kcal)
- Rice: 1 cup cooked (~205 kcal)
- Broccoli: 1½ cups (~75 kcal)
- Olive oil: 1 tbsp (~120 kcal)

Total lunch: ~680 kcal (chicken) or ~610 kcal (tofu)

DINNER – Hearty Chili or Stir-Fry (5 containers)

Batch Cooking Instructions

1. Heat pot and add olive oil.
2. Sauté onions and mushrooms.
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4. Add beans and tomatoes.
5. Simmer 30–40 minutes.

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Total dinner: ~550 kcal (lentils) or ~630 kcal (turkey)

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- Yogurt or hummus (1 cup): ~200–250 kcal

Week 3 – Mediterranean / Herbed

Grocery List (for the week)

Rollled oats ($4\frac{1}{2}$ cups dry) • Bananas (5) • Eggs (10) OR chickpea/lentil tofu ($2\frac{1}{2}$ cups) • Spinach • Mushrooms • Olive oil or tahini • Chicken breast (30 oz) OR tofu ($3\frac{3}{4}$ cups) • Rice (dry equivalent for 5 cups cooked) • Broccoli • Lentils OR ground turkey • Beans • Canned tomatoes • Fruit (snacks) • Roasted chickpeas • Seeds • Yogurt or hummus • Mediterranean herbs

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2. Bring to boil, then reduce to simmer.
3. Cook 8–10 minutes, stirring occasionally.
4. Remove from heat.

Portion Per Container (After Cooking)

- Cooked oats: 1½ cups (~230 kcal)
- Banana: 1 medium (~105 kcal, added fresh when eating)
- Olive oil or tahini: 1 tsp (~40 kcal)

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4. Add spinach last until wilted.

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- Scramble mixture: ~¾–1 cup cooked
- Protein equivalent: 2 eggs (~140 kcal) OR ½ cup tofu (~120 kcal)

Total breakfast: ~515 kcal (eggs) or ~495 kcal (tofu)

LUNCH – Protein Rice Bowl (5 containers)

Batch Cooking Instructions

1. Preheat oven to 400°F.
2. Season chicken or tofu.
3. Roast protein 25–30 minutes.
4. Cook rice separately.

5. Steam or roast broccoli.

Portion Per Container (After Cooking)

- Protein: 6 oz chicken (~280 kcal) OR $\frac{3}{4}$ cup tofu (~210 kcal)
- Rice: 1 cup cooked (~205 kcal)
- Broccoli: $1\frac{1}{2}$ cups (~75 kcal)
- Olive oil: 1 tbsp (~120 kcal)

Total lunch: ~680 kcal (chicken) or ~610 kcal (tofu)

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- Seeds ($\frac{1}{4}$ cup): ~180 kcal

- Yogurt or hummus (1 cup): ~200–250 kcal

Week 4 – Asian-Inspired

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BREAKFAST – Power Oats + Protein Scramble (5 containers)

Batch Cooking Instructions – Oats

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2. Bring to boil, then reduce to simmer.
3. Cook 8–10 minutes, stirring occasionally.
4. Remove from heat.

Portion Per Container (After Cooking)

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3. Roast protein 25–30 minutes.
4. Cook rice separately.
5. Steam or roast broccoli.

Portion Per Container (After Cooking)

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- Rice: 1 cup cooked (~205 kcal)
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