

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

This document is structured for natural cooking flow. You cook first, then portion food into containers using the exact ingredient amounts listed AFTER each cooking section. Each container equals one complete meal.

Week 1 – Classic Comfort

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: 1 equal portion (from batch)
- Banana: 1 medium (added fresh when eating)
- Olive oil or tahini: 1 tsp

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: 1 equal portion (from batch)
- Protein equivalent per container: 2 eggs OR ½ cup 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 OR ¾ cup chickpea tofu
- Rice: 1 cup cooked
- Broccoli: 1½ cups
- Olive oil: 1 tbsp

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)

- Chili mixture: 1 equal portion (from batch)
- Lentils: $\frac{3}{4}$ cup OR turkey: 6 oz equivalent
- Mushrooms: $1\frac{1}{2}$ cups included
- Olive oil: accounted for in batch

SNACKS – Daily Options

Portion Per Snack

- Fruit: 1 piece
- Roasted chickpeas: $\frac{3}{4}$ cup
- Seeds: $\frac{1}{4}$ cup
- Yogurt or hummus: 1 cup

Week 2 – Southwest / Smoky

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: 1 equal portion (from batch)
- Banana: 1 medium (added fresh when eating)
- Olive oil or tahini: 1 tsp

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: 1 equal portion (from batch)
- Protein equivalent per container: 2 eggs OR ½ cup 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 OR ¾ cup chickpea tofu
- Rice: 1 cup cooked
- Broccoli: 1½ cups
- Olive oil: 1 tbsp

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)

- Chili mixture: 1 equal portion (from batch)
- Lentils: $\frac{3}{4}$ cup OR turkey: 6 oz equivalent
- Mushrooms: $1\frac{1}{2}$ cups included
- Olive oil: accounted for in batch

SNACKS – Daily Options

Portion Per Snack

- Fruit: 1 piece
- Roasted chickpeas: $\frac{3}{4}$ cup
- Seeds: $\frac{1}{4}$ cup
- Yogurt or hummus: 1 cup

Week 3 – Mediterranean / Herbed

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: 1 equal portion (from batch)
- Banana: 1 medium (added fresh when eating)
- Olive oil or tahini: 1 tsp

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: 1 equal portion (from batch)
- Protein equivalent per container: 2 eggs OR ½ cup 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 OR ¾ cup chickpea tofu
- Rice: 1 cup cooked
- Broccoli: 1½ cups
- Olive oil: 1 tbsp

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)

- Chili mixture: 1 equal portion (from batch)
- Lentils: $\frac{3}{4}$ cup OR turkey: 6 oz equivalent
- Mushrooms: $1\frac{1}{2}$ cups included
- Olive oil: accounted for in batch

SNACKS – Daily Options

Portion Per Snack

- Fruit: 1 piece
- Roasted chickpeas: $\frac{3}{4}$ cup
- Seeds: $\frac{1}{4}$ cup
- Yogurt or hummus: 1 cup

Week 4 – Asian-Inspired

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: 1 equal portion (from batch)
- Banana: 1 medium (added fresh when eating)
- Olive oil or tahini: 1 tsp

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: 1 equal portion (from batch)
- Protein equivalent per container: 2 eggs OR ½ cup 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 OR ¾ cup chickpea tofu
- Rice: 1 cup cooked
- Broccoli: 1½ cups
- Olive oil: 1 tbsp

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)

- Chili mixture: 1 equal portion (from batch)
- Lentils: $\frac{3}{4}$ cup OR turkey: 6 oz equivalent
- Mushrooms: $1\frac{1}{2}$ cups included
- Olive oil: accounted for in batch

SNACKS – Daily Options

Portion Per Snack

- Fruit: 1 piece
- Roasted chickpeas: $\frac{3}{4}$ cup
- Seeds: $\frac{1}{4}$ cup
- Yogurt or hummus: 1 cup