



## Meal Prep

### 1. Turkey, Egg White & Veggie Breakfast Bake

**Why it preps well:** Slice-and-go, freezes well

**Per serving:**

≈ 480–520 cal | 35–40 g protein | 8–10 g fiber

**Key ingredients**

- Egg whites + 1–2 whole eggs (for fat balance)
- Lean ground turkey
- Spinach, onion, bell pepper
- Optional: potatoes or black beans

**Prep tip:**

Bake in a casserole dish, cut into squares. Keeps **5 days fridge / 2 months freezer.**

### 2. Tofu & Lentil Savory Hash

**Why it preps well:** Reheats without drying out

**Per serving:**

≈ 500 cal | 28–32 g protein | 14–18 g fiber

**Key ingredients**

- Extra-firm tofu
- Cooked lentils
- Kale or broccoli
- Olive oil, turmeric, cumin

**Prep tip:**

Store in airtight containers; reheat stovetop or microwave. Great for **fiber-heavy weeks.**

### 3. Chicken, Quinoa & Roasted Veggie Bowls

**Why it preps well:** Classic batch-cook bowl

**Per serving:**

≈ 500 cal | 35–40 g protein | 8–12 g fiber

**Key ingredients**

- Chicken breast
- Quinoa
- Roasted zucchini, carrots, Brussels sprouts

**Prep tip:**

Keep grains + veggies together, chicken separate if reheating multiple times.

### 4. High-Protein Savory Oatmeal (Batch Cooked)

**Why it preps well:** Thickens nicely over days

**Per serving:**

≈ 480–510 cal | 25–30 g protein | 10–14 g fiber

## **Key ingredients**

- Rolled oats
- Egg whites stirred in after cooking
- Chia seeds or flax
- Mushrooms or spinach

## **Prep tip:**

Cook oats thick; add splash of water when reheating. Stays good **4–5 days**.

## 5. Black Bean, Egg & Sweet Potato Burrito Bowls

**Why it preps well:** No soggy tortillas

### **Per serving:**

≈ 500 cal | 28–32 g protein | 12–16 g fiber

## **Key ingredients**

- Roasted sweet potato
- Black beans
- Egg whites + 1 whole egg
- Salsa

## **Prep tip:**

Assemble without eggs if freezing; add eggs fresh when reheating if preferred.

## 6. Egg White, Black Bean & Sweet Potato Wrap

### **Per serving:**

≈ 500 cal | 30–35 g protein | 14–18 g fiber

## **Ingredients**

- High-fiber tortilla
- Egg whites + 1 whole egg
- Black beans
- Roasted sweet potato

## **Prep tip:**

Wrap tightly in foil; reheat in toaster oven or pan.

## 7. Lactose-Free Cottage Cheese & Bean Power Bowls

**Why it preps well:** No cooking required

### **Per serving:**

≈ 500 cal | 30–35 g protein | 8–12 g fiber

## **Key ingredients**

- Lactose-free cottage cheese
- Chickpeas or white beans
- Cherry tomatoes, olive oil, herbs

## **Prep tip:**

Add beans + oil separately until day-of to avoid excess moisture.