



MEAL PREP WEEK 1



WHAT TO PREP

PREPPED PROTEIN:

- GRILLED CHICKEN TENDERS- 1 LB
- BAKED CHICKEN BREASTS- 1 LB
- GROUND TURKEY- 1 LB.
- HARD BOILED EGGS- 4-8 EGGS

VEGGIES COOKED OR CHOPPED

- ASPARAGUS- ONE BUNCH
- MUSHROOMS- 12 OUNCES
- SWEET POTATO-3-4 POTATOES
- CHOPPED LETTUCE - 3 ROMAINE HEARTS
- BUTTERNUT SQUASH, 1 FULL SQUASH
- EXTRA VEGGIES: PEPPERS, CUCUMBERS, AND CARROTS)

GRAINS:

- RICE -3-4 CUPS

MEAL IDEAS

- 1.CHICKEN, SWEET POTATO AND GRILLED PEPPERS
- 2.BUTTERNUT SQUASH, GROUND TURKEY, RICE, AND MUSHROOMS
- 3.GRILLED CHICKEN, SWEET POTATO AND ASPARAGUS
- 4.GREEN SALAD WITH GRILLED CHICKEN, CARROTS, SLICED STRING CHEESE, CUCUMBERS, AND BOLT HOUSE DRESSING.
- 5.SCRAMBLED EGGS, MUSHROOMS, AND PANCAKES
- 6.GROUND TURKEY, RICE AND MUSHROOMS
- 7.LOW CALORIE EGG SALAD ON BREAD
- 8.SWEET POTATO PANCAKES