



Batch Prep Meal Blueprint

1 VEGETABLES
50% of plate

2 palm size PROTEIN

3 healthy FAT

4 whole food CARBS

BREAKFAST

overnight oats + cream/berries/nuts
chia seed pudding + coconut/fruit
roasted veggies + sausage/eggs
rice + veggies in breakfast burrito
frittata or egg cups
leftovers



LUNCH

BATCH PREP:
protein
meat, fish, beans, lentils, hummus
carb
whole grain, potatoes, yams
veggies
chop, sauté, or roast

wrap
skillet
tacos
nourish bowl
burrito bowl
loaded salad

DINNER

vegetables + protein in soup or stew
chickpea/lentil curry + rice
broccoli + chicken + quinoa skillet
vegetable + shrimp stir-fry + rice
meat sauce over **roasted veggies**
casserole with **mushrooms + beef + rice**

