



Aging Strong Fitness Ultimate Recipe & Nutrition Library

Simple practical meals for strength, energy, recovery, and healthy aging.

This guide was designed to help Aging Strong Fitness members build healthier long term nutrition habits through simple realistic meals that support strength, mobility, recovery, and sustainable fat loss.

High Protein Breakfast Bowl

Ingredients	Greek yogurt, berries, oatmeal, chia seeds, honey
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Egg & Veggie Scramble

Ingredients	Eggs, spinach, peppers, onions, cheese
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Overnight Oats

Ingredients	Oats, protein powder, berries, almond milk
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Turkey Wrap Lunch

Ingredients	Whole grain wrap, turkey, spinach, tomato, mustard
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Simple higher protein meal that supports healthy aging.

Chicken & Rice Bowl

Ingredients	Chicken breast, rice, vegetables, olive oil
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Easy practical option designed for busy lifestyles.

Simple Stir Fry

Ingredients	Lean beef, frozen vegetables, microwave rice
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Balanced meal with protein, healthy fats, and carbohydrates.

Healthy Taco Bowl

Ingredients	Lean turkey, rice, salsa, lettuce, avocado
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Balanced meal with protein, healthy fats, and carbohydrates.

Protein Smoothie

Ingredients	Protein powder, banana, berries, peanut butter
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Balanced Snack Plate

Ingredients	Apple slices, almonds, cheese, boiled eggs
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Balanced meal with protein, healthy fats, and carbohydrates.

Greek Yogurt Snack

Ingredients	Greek yogurt, granola, berries
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Rotisserie Chicken Meal

Ingredients	Rotisserie chicken, vegetables, microwave rice
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Simple higher protein meal that supports healthy aging.

Healthy Breakfast Wrap

Ingredients	Eggs, turkey sausage, spinach, wrap
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Salmon & Sweet Potato

Ingredients	Salmon, sweet potato, asparagus
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Ground Turkey Pasta

Ingredients	Lean turkey, whole grain pasta, marinara
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Simple higher protein meal that supports healthy aging.

Protein Pancakes

Ingredients	Protein pancake mix, berries, yogurt
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Easy practical option designed for busy lifestyles.

Chicken Caesar Wrap

Ingredients	Chicken, romaine, parmesan, light dressing
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Simple Shrimp Bowl

Ingredients	Shrimp, rice, vegetables, olive oil
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Turkey Chili

Ingredients	Lean turkey, beans, tomatoes, onions
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Cottage Cheese Bowl

Ingredients	Cottage cheese, fruit, cinnamon
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Simple Steak Dinner

Ingredients	Lean steak, potatoes, green beans
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

High Protein Breakfast Bowl Variation

Ingredients	Greek yogurt, berries, oatmeal, chia seeds, honey
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Simple higher protein meal that supports healthy aging.

Egg & Veggie Scramble Variation

Ingredients	Eggs, spinach, peppers, onions, cheese
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Overnight Oats Variation

Ingredients	Oats, protein powder, berries, almond milk
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Balanced meal with protein, healthy fats, and carbohydrates.

Turkey Wrap Lunch Variation

Ingredients	Whole grain wrap, turkey, spinach, tomato, mustard
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Chicken & Rice Bowl Variation

Ingredients	Chicken breast, rice, vegetables, olive oil
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Simple Stir Fry Variation

Ingredients	Lean beef, frozen vegetables, microwave rice
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Easy practical option designed for busy lifestyles.

Healthy Taco Bowl Variation

Ingredients	Lean turkey, rice, salsa, lettuce, avocado
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Protein Smoothie Variation

Ingredients	Protein powder, banana, berries, peanut butter
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Balanced Snack Plate Variation

Ingredients	Apple slices, almonds, cheese, boiled eggs
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Balanced meal with protein, healthy fats, and carbohydrates.

Greek Yogurt Snack Variation

Ingredients	Greek yogurt, granola, berries
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Easy practical option designed for busy lifestyles.

Rotisserie Chicken Meal Variation

Ingredients	Rotisserie chicken, vegetables, microwave rice
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Healthy Breakfast Wrap Variation

Ingredients	Eggs, turkey sausage, spinach, wrap
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Simple higher protein meal that supports healthy aging.

Salmon & Sweet Potato Variation

Ingredients	Salmon, sweet potato, asparagus
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Simple higher protein meal that supports healthy aging.

Ground Turkey Pasta Variation

Ingredients	Lean turkey, whole grain pasta, marinara
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Protein Pancakes Variation

Ingredients	Protein pancake mix, berries, yogurt
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Chicken Caesar Wrap Variation

Ingredients	Chicken, romaine, parmesan, light dressing
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Simple Shrimp Bowl Variation

Ingredients	Shrimp, rice, vegetables, olive oil
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Simple higher protein meal that supports healthy aging.

Turkey Chili Variation

Ingredients	Lean turkey, beans, tomatoes, onions
Directions	Cook protein thoroughly using a pan, grill, or oven. Prepare vegetables separately and combine ingredients together before serving.
Why It Works	Simple higher protein meal that supports healthy aging.

Cottage Cheese Bowl Variation

Ingredients	Cottage cheese, fruit, cinnamon
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Simple Steak Dinner Variation

Ingredients	Lean steak, potatoes, green beans
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
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High Protein Breakfast Bowl Meal Prep Edition

Ingredients	Greek yogurt, berries, oatmeal, chia seeds, honey
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Egg & Veggie Scramble Meal Prep Edition

Ingredients	Eggs, spinach, peppers, onions, cheese
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
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Overnight Oats Meal Prep Edition

Ingredients	Oats, protein powder, berries, almond milk
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
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Turkey Wrap Lunch Meal Prep Edition

Ingredients	Whole grain wrap, turkey, spinach, tomato, mustard
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
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Chicken & Rice Bowl Meal Prep Edition

Ingredients	Chicken breast, rice, vegetables, olive oil
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
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Simple Stir Fry Meal Prep Edition

Ingredients	Lean beef, frozen vegetables, microwave rice
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
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Healthy Taco Bowl Meal Prep Edition

Ingredients	Lean turkey, rice, salsa, lettuce, avocado
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Protein Smoothie Meal Prep Edition

Ingredients	Protein powder, banana, berries, peanut butter
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Easy practical option designed for busy lifestyles.

Balanced Snack Plate Meal Prep Edition

Ingredients	Apple slices, almonds, cheese, boiled eggs
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Helps support strength, recovery, and sustainable nutrition habits.

Greek Yogurt Snack Meal Prep Edition

Ingredients	Greek yogurt, granola, berries
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
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Rotisserie Chicken Meal Meal Prep Edition

Ingredients	Rotisserie chicken, vegetables, microwave rice
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Healthy Breakfast Wrap Meal Prep Edition

Ingredients	Eggs, turkey sausage, spinach, wrap
Directions	Cook carbohydrates according to package directions while preparing protein and vegetables separately.
Why It Works	Simple higher protein meal that supports healthy aging.

Salmon & Sweet Potato Meal Prep Edition

Ingredients	Salmon, sweet potato, asparagus
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
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Ground Turkey Pasta Meal Prep Edition

Ingredients	Lean turkey, whole grain pasta, marinara
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Protein Pancakes Meal Prep Edition

Ingredients	Protein pancake mix, berries, yogurt
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Chicken Caesar Wrap Meal Prep Edition

Ingredients	Chicken, romaine, parmesan, light dressing
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Simple Shrimp Bowl Meal Prep Edition

Ingredients	Shrimp, rice, vegetables, olive oil
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
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Turkey Chili Meal Prep Edition

Ingredients	Lean turkey, beans, tomatoes, onions
Directions	Prepare ingredients ahead of time for easier meal prep during the week. Store portions in containers for convenience.
Why It Works	Simple higher protein meal that supports healthy aging.

Cottage Cheese Bowl Meal Prep Edition

Ingredients	Cottage cheese, fruit, cinnamon
Directions	Combine all ingredients together in a bowl or wrap and adjust portions based on activity level and goals.
Why It Works	Easy practical option designed for busy lifestyles.

Simple Steak Dinner Meal Prep Edition

Ingredients	Lean steak, potatoes, green beans
Directions	Use simple seasonings such as garlic powder, pepper, or light salt. Focus on balanced portions and consistency.
Why It Works	Supports recovery, muscle maintenance, and long lasting energy.

Simple Nutrition Tips

- Prioritize protein intake at every meal.
- Choose realistic meals you can maintain long term.
- Meal prep simple foods ahead of time.
- Avoid crash dieting or all or nothing thinking.
- Drink enough water throughout the day.
- Healthy eating does not need to be complicated.
- Consistency matters more than perfection.

Aging Strong Fitness

Move consistently. Train smart. Eat with structure. Age Strong.