



Gym Blue Easy Meal Prep Guide

Prep smart. Eat well. Stay consistent.

Step 1: Plan Your Week

- Choose 3 main meals per day (breakfast, lunch, dinner) + 2–3 snacks.
- Focus on protein, vegetables, and healthy carbs.

Step 2: Shop Smart

Proteins: Chicken breast, ground turkey, eggs, Greek yogurt, tuna, tofu

Vegetables: Broccoli, bell peppers, spinach, carrots, zucchini

Carbs: Sweet potatoes, brown rice, oats, whole-grain bread

Healthy Fats: Almonds, avocado, olive oil

Snacks: Protein bars, boiled eggs, fruit, yogurt

Step 3: Prep Once, Eat All Week

Proteins:

- Bake 4–5 chicken breasts or turkey patties at once.
- Boil 6–12 eggs for easy snacks.

Vegetables:

- Chop or steam 3–4 types of veggies.
- Roast in bulk for easy grab-and-go sides.

Carbs:

- Cook 2–3 cups of brown rice or quinoa.
- Bake sweet potatoes for meals or snacks.

Snacks:

- Portion almonds or trail mix into small containers.
- Pre-portion Greek yogurt with berries or granola.

Step 4: Assemble Meals

- Use meal prep containers with protein, carbs, and vegetables in each.
- Rotate flavors using spices and sauces: garlic, paprika, hot sauce, salsa, or olive oil.
- Keep snacks ready in the fridge or pantry for quick grabs.

Step 5: Quick Tips for Busy Weeks

- Cook in bulk: Spend 1–2 hours on Sunday prepping all meals.
- Mix & match: Combine different proteins, carbs, and veggies to avoid monotony.
- Stay hydrated: Drink water throughout the day to support energy and metabolism.
- Use Gym Blue resources: Recipes and nutrition guides make prep easy and enjoyable.

Optional Quick Example Day:

Meal	Example
Breakfast	3 scrambled eggs, spinach, and avocado
Snack	Greek yogurt + berries
Lunch	Grilled chicken, roasted sweet potatoes, broccoli
Snack	Almonds + apple
Dinner	Ground turkey stir fry w/ bell peppers and brown rice