



## 5 PROTEINS I PREP EVERY WEEK FOR A SUCCESSFUL WEEK AHEAD

PREPPING YOUR PROTEINS AHEAD OF TIME IS ONE OF THE BEST WAYS TO STAY CONSISTENT, HIT YOUR NUTRITION GOALS,

AND MAKE MEALS EFFORTLESS. HERE ARE MY FIVE GO-TO PROTEINS I BATCH EACH WEEK TO MAKE SURE I'M FUELED,

FOCUSED, AND THRIVING.

### 1. SAFE CATCH TUNA

SAFE CATCH IS MY TOP PICK BECAUSE EVERY SINGLE CAN IS TESTED FOR MERCURY, MAKING IT THE LOWEST-MERCURY TUNA BRAND ON THE MARKET. EACH CAN PACKS A WHOPPING 43 GRAMS OF PROTEIN — PERFECT FOR QUICK LUNCHES AND HIGH-PROTEIN MEALS.

HOW I PREP IT: I MIX TWO CANS WITH CHOSEN FOODS MAYONNAISE (ABOUT 1/8 CUP) A SPLASH OF APPLE CIDER VINEGAR, FRESH

LEMON JUICE, SALT, PEPPER, ONE STALK OF CELERY, AND ONE CHOPPED PICKLE.

### 2. GROUND BEEF

I COOK ONE POUND OF GRASS-FED GROUND BEEF IN A HOT CAST-IRON SKILLET WITH AVOCADO OIL SPRAY. SEASON WITH CUMIN, PAPRIKA, CAYENNE, SALT, AND PEPPER. THIS IS PERFECT FOR BOWLS, TACOS, OR QUICK SCRAMBLES.

### 3. HARD-BOILED EGGS

BRING A POT OF WATER TO A BOIL, REMOVE FROM HEAT, COVER, AND LET THE EGGS SIT FOR 8 MINUTES. THEN TRANSFER IMMEDIATELY TO AN ICE BATH TO STOP COOKING. THESE ARE IDEAL FOR SNACKS, SALADS, OR BREAKFASTS.

### 4. CHICKEN THIGHS

I BAKE BONE-IN OR BONELESS CHICKEN THIGHS AT 400°F WITH OLIVE OIL, CAYENNE, CUMIN, PAPRIKA, SALT, AND PEPPER. THEY COME OUT JUICY, FLAVORFUL, AND READY FOR THE WEEK.

### 5. COTTAGE CHEESE

I ALWAYS KEEP WHOLE MILK GOOD CULTURE COTTAGE CHEESE ON HAND. IT'S HIGH IN PROTEIN AND GREAT AS A SNACK, WITH FRUIT, OR PAIRED WITH SAVORY TOPPINGS.

## BONUS TIPS

KEEP YOUR PROTEINS VISIBLE IN THE FRIDGE — IF YOU SEE THEM, YOU'LL EAT THEM. MIX AND MATCH PROTEINS THROUGHOUT THE WEEK TO KEEP MEALS EXCITING. PAIR WITH SEASONAL PRODUCE AND HEALTHY FATS FOR COMPLETE MEALS.