

# Weekly Meal Prep Guide

*5 Protein-Packed Recipes That Never Get Soggy*

## Grilled Chicken Quinoa Bowls

### Description

A complete, protein- and fiber-rich salad that's perfect for quick lunches. Stays fresh all week with smart layering.

### Ingredients

- 2 grilled chicken breasts, sliced
- 1 cup cooked quinoa
- 1/2 cup cherry tomatoes, halved
- 1/4 cup chopped cucumber
- 2 tbsp crumbled feta
- Lemon juice + olive oil (kept separate)

### Preparation

1. Cook quinoa and let cool.
2. Grill and slice chicken.
3. Prepare vegetables and vinaigrette.
4. Layer quinoa, vegetables, and chicken in containers.
5. Add dressing before eating.

### Tips

Store dressing separately to keep it crisp.

### Benefits

High in complete proteins and fiber. Full of antioxidants and healthy fats.

## Turkey & Spinach Egg Muffins

### Description

A portable breakfast or snack loaded with protein and very low in carbs.

### Ingredients

- 6 eggs
- 1 cup chopped spinach
- 1/2 cup cooked ground turkey
- Salt, pepper, garlic powder

### Preparation

1. Preheat oven to 180-C.
2. Cook turkey in skillet.
3. Beat eggs with seasoning.
4. Add spinach and turkey.

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5. Pour into silicone muffin tins and bake for 20 min.

## Tips

Let cool before storing. Reheat 20 seconds in the microwave.

## Benefits

High-protein, low-carb. Provides iron, magnesium, and B vitamins.

## Tuna & White Bean Salad Jars

### Description

A quick, nourishing jar salad - perfect for grab-and-go lunches.

### Ingredients

- 2 cans tuna (in water, drained)
- 1 cup cooked white beans
- 1/2 red bell pepper, 1/4 red onion, 1 celery stalk
- Dressing: balsamic vinegar, mustard, olive oil

### Preparation

1. Prepare dressing and place at jar bottom.
2. Add beans, then tuna, then veggies.
3. Seal and shake before eating.

## Tips

Use glass jars for freshness and visual appeal.

## Benefits

Omega-3s and lean protein. High-fiber for digestive support.

## Greek Yogurt Chicken Salad Lettuce Wraps

### Description

A fresh, low-carb lunch with creamy Greek yogurt instead of mayo.

### Ingredients

- 2 cups shredded cooked chicken
- 1/2 cup plain Greek yogurt
- 1 diced celery stalk
- 1 tbsp Dijon mustard
- Romaine lettuce leaves

### Preparation

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1. Mix chicken, yogurt, celery, and mustard.
2. Season to taste.
3. Store separately and assemble wraps when eating.

### Tips

Wrap lettuce in paper towel to keep it crisp.

### Benefits

Low-carb, high-protein. Rich in calcium and probiotics.

## Beef & Broccoli Stir Fry with Brown Rice

### Description

Tender and flavorful stir-fry structured for perfect reheating.

### Ingredients

- 200g sliced flank steak
- 1 cup steamed broccoli
- 1/2 cup cooked brown rice
- 2 tbsp low-sodium soy sauce
- 1 tsp sesame oil

### Preparation

1. Cook rice and cool completely.
2. Stir-fry steak in sesame oil.
3. Add broccoli and soy sauce.
4. Store rice and stir-fry separately.

### Tips

Reheat rice with damp paper towel to avoid dryness.

### Benefits

Rich in iron, zinc, and complex carbs for lasting energy.