



BATCH-COOK IN 2 HOURS



Meal Prep Sunday

16–20 GLP-1-friendly meals in one afternoon

8-PAGE PDF

INSIDE THIS GUIDE

- 2-hour Sunday timeline
- Full grocery checklist (40+ items)
- 4 batch-cook recipes with macros
- Storage guide (fridge + freezer)
- Week-at-a-glance meal rotation

BEST FOR

Busy GLP-1 users who want no-decision weekday eating.

COACH'S TIP

Prep protein first. Everything else is decoration.



Your 2-Hour Sunday Timeline

Multitask like a boss — 4 meals cooking at once, done in 120 minutes

0:00 – 0:15

PREP

- Preheat oven to 400°F
- Chop all vegetables for the week
- Rinse and pat dry all proteins
- Line 2 baking sheets with parchment

0:15 – 0:45

SHEET PAN #1

- Season & lay out Sheet Pan Chicken + Veggies
- Slide into oven — 30 min
- Start rice cooker (jasmine or brown rice)
- Mix Turkey Muffin filling in large bowl

0:45 – 1:15

SALMON + MUFFINS

- Chicken done — remove & rest
- Place Salmon Power Bowl fish on sheet pan
- Scoop turkey muffins into muffin tin
- Both go in oven together for 25-30 min

1:15 – 1:45

OVERNIGHT OATS

- Portion 5 mason jars for overnight oats
- Layer oats + chia + Greek yogurt + berries
- Salmon & muffins done — cool 10 min
- Portion all 4 meals into containers

1:45 – 2:00

COOL + STORE

- Cool everything to room temp (never hot into fridge)
- Label containers with meal + date
- Stack in fridge — protein at eye level
- Wash dishes while you're at it. High five yourself.

★ COACH'S TIP

Put on a podcast or playlist you love. Making Sunday prep a ritual, not a chore, is the whole secret.





Your Sunday Grocery List

One trip · Everything you need for all 4 meals

PROTEINS

- ☐ Chicken breast — 2 lbs
- ☐ Salmon fillets — 4 (6oz each)
- ☐ Ground turkey (93/7) — 1.5 lbs
- ☐ Greek yogurt (plain, 5%) — 32 oz
- ☐ Large eggs — 1 dozen

PANTRY & GRAINS

- ☐ Rolled oats — 1 lb
- ☐ Chia seeds — 1 bag
- ☐ Quinoa — 1 lb
- ☐ Olive oil (EV)
- ☐ Avocado oil
- ☐ Balsamic vinegar
- ☐ Honey or maple syrup

SPICES YOU'LL NEED

- ☐ Salt (sea salt or kosher)
- ☐ Black pepper
- ☐ Garlic powder
- ☐ Smoked paprika
- ☐ Italian seasoning
- ☐ Cumin
- ☐ Chili powder
- ☐ Cinnamon (for oats)

VEGETABLES

- ☐ Broccoli — 2 heads
- ☐ Bell peppers — 4 (red, yellow)
- ☐ Zucchini — 3 medium
- ☐ Sweet potatoes — 3 medium
- ☐ Baby spinach — 5 oz bag
- ☐ Red onion — 2
- ☐ Garlic — 1 head
- ☐ Cherry tomatoes — 1 pint

FRESH & FROZEN

- ☐ Mixed berries (fresh or frozen)
- ☐ Avocados — 3
- ☐ Lemons — 3
- ☐ Fresh herbs (parsley, cilantro)
- ☐ Feta cheese — 4 oz block
- ☐ Almond butter — 1 jar
- ☐ Almond or oat milk — 1 quart

OPTIONAL BOOSTERS

- ☐ Nutritional yeast (B vitamins)
- ☐ Hemp hearts (protein + omega-3)
- ☐ LMNT / electrolyte packets
- ☐ Collagen powder (for oats)
- ☐ Everything Bagel seasoning





MEAL 1

Sheet Pan Chicken + Veggies

MAKES 5 MEALS

42g PROTEIN / MEAL

8g FIBER / MEAL

COVERS: Protein · Fiber · Magnesium · Vitamin D (mushrooms)

INGREDIENTS

- 2 lbs chicken breast
- 1 head broccoli, chopped
- 2 bell peppers, sliced
- 2 zucchini, sliced
- 1 red onion, wedges
- 3 tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- Salt + pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F. Line sheet pan with parchment.
2. Cut chicken into 1-inch chunks. Toss with 1 tbsp oil + half the spices.
3. Toss all vegetables with remaining oil and spices.
4. Spread chicken on one half of pan, veggies on the other.
5. Roast 25-30 min until chicken hits 165°F internal temp.
6. Cool completely, then portion into 5 containers with 1/2 cup rice.

STORAGE: Fridge 4-5 days · Reheat 60-90 sec microwave · Freezer 2 months

★ COACH'S TIP

This is your GLP-1 workhorse meal. Endless flavor swaps: swap paprika for curry, or add feta at the end.





MEAL 2

Salmon Power Bowls

MAKES 4 MEALS

38g PROTEIN / MEAL

10g FIBER / MEAL

COVERS: Omega-3 · Vitamin D · Protein · Fiber · Magnesium

INGREDIENTS

- 4 salmon fillets (6 oz each)
- 2 tbsp olive oil
- 1 cup quinoa (dry)
- 5 oz baby spinach
- 2 avocados
- 1 pint cherry tomatoes
- 4 oz feta cheese
- 1 lemon (juice + zest)
- 2 tbsp balsamic vinegar
- Salt + pepper

INSTRUCTIONS

1. Cook quinoa per package directions (about 15 min).
2. Preheat oven to 400°F. Place salmon on parchment-lined pan.
3. Brush salmon with olive oil, salt, pepper, lemon zest.
4. Roast 12-15 min until flakes easily with a fork.
5. Assemble bowls: quinoa base, spinach, salmon on top.
6. Add avocado, tomatoes, feta. Drizzle balsamic. Add lemon.

STORAGE: Fridge 4-5 days · Reheat 60-90 sec microwave · Freezer 2 months

★ COACH'S TIP

The vitamin D + omega-3 combo in wild salmon is unmatched. Buy frozen if fresh is pricey — same benefits.





MEAL 3

Turkey + Sweet Potato Muffins

MAKES 6 MEALS

28g PROTEIN / MEAL

6g FIBER / MEAL

COVERS: Protein · Electrolytes · Fiber · Vitamin A · Portable

INGREDIENTS

- 1.5 lbs ground turkey (93/7)
- 2 medium sweet potatoes, grated
- 2 eggs
- 1/2 cup grated onion
- 3 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder
- 1/2 tsp salt
- Fresh cilantro (optional)
- Cooking spray

INSTRUCTIONS

1. Preheat oven to 375°F. Spray a 12-cup muffin tin generously.
2. Grate sweet potatoes on the large holes of a box grater.
3. Mix ALL ingredients in a large bowl using your hands.
4. Divide into 12 muffin cups, pressing down slightly.
5. Bake 25-30 min until internal temp hits 165°F.
6. Cool 10 min in pan, then transfer to containers (2 muffins = 1 meal).

STORAGE: Fridge 4-5 days · Reheat 60-90 sec microwave · Freezer 2 months

★ COACH'S TIP

These are GRAB-AND-GO gold. Perfect for GLP-1 nausea days — small portions, high protein, easy on stomach.





MEAL 4

Overnight Oats + Chia Jars

MAKES 5 MEALS

22g PROTEIN / MEAL

12g FIBER / MEAL

COVERS: Fiber · Magnesium · Omega-3 (chia) · Grab-n-go breakfast

INGREDIENTS

- 2.5 cups rolled oats
- 5 tbsp chia seeds
- 3 cups almond or oat milk
- 1.5 cups Greek yogurt
- 5 tbsp almond butter
- 3 tbsp honey or maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla
- Mixed berries (fresh or frozen)
- 5 mason jars (16 oz each)

INSTRUCTIONS

1. Set out 5 mason jars in a row on the counter.
2. To each jar add: 1/2 cup oats + 1 tbsp chia seeds.
3. Then add: 1/2 cup milk + 1/4 cup Greek yogurt.
4. Add 1 tbsp almond butter + 1/2 tbsp honey + pinch cinnamon + drop vanilla.
5. Stir well, top with 1/4 cup berries, screw lid on.
6. Refrigerate overnight. Ready to grab all week!

STORAGE: Fridge 4-5 days · Reheat 60-90 sec microwave · Freezer 2 months

★ COACH'S TIP

Add a scoop of collagen or protein powder to boost protein to 30g+. Perfect for muscle preservation on GLP-1s.



Your Week at a Glance

How to eat your prep — a sample week

MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFAST	Oats Jar	Oats Jar	Oats Jar	Oats Jar	Oats Jar	Free / Flex	Oats or eggs
LUNCH	Sheet Pan Chicken	Turkey Muffins + Veg	Salmon Bowl	Sheet Pan Chicken	Turkey Muffins + Veg	Free / Flex	Free / Flex
DINNER	Salmon Bowl	Sheet Pan Chicken	Turkey Muffins + Veg	Salmon Bowl	Sheet Pan Chicken	Restaurant OK	PREP DAY!

MEAL PREP SUCCESS TIPS

- **EAT PROTEIN FIRST** Always start with the protein — GLP-1s = small stomach space, so protein wins.
- **REHEAT WITH A DAMP PAPER TOWEL** Keeps proteins juicy, prevents drying out. Life-changing hack.
- **STASH AN 'EMERGENCY MEAL' IN FREEZER** One frozen prep meal for the day everything goes wrong.
- **DON'T PREP MORE THAN 5 DAYS OF FOOD** Day 6-7 food gets sad. Plan Saturday as your flex day.
- **USE GLASS CONTAINERS** Microwave & dishwasher safe, no chemical leaching, see your food.

★ COACH'S FINAL WORD

Meal prep isn't about being perfect — it's about future-you being kind to present-you.

You'll thank yourself every day this week.

One Sunday. Five days of nourishment. That's the trade.

