

# Simple Meal Strategies

01

## BASE PROTEINS

- Ground beef
- Ground turkey
- Shredded chicken
- Pulled pork
- Eggs
- Fish

02

## BASE CARBS

- Rice – cook in bulk or in microwavedable packs
- Potatoes or sweet potatoes – cut into slices or wedges and cook in the oven or air fryer or boil potatoes at once
- Tortillas

03

## VEGGIES

- Frozen broccoli
- Green beans
- Zucchini
- Stir fry mix
- Bagged slaw
- Bagged salad
- Cherry tomatoes
- Cucumbers
- Snap Peas
- Peppers
- Carrots

04

## FLAVORS

- Hot sauce
- Salsa
- BBQ sauce
- Soy/teriyaki sauce
- Greek yogurt
- Guacamole
- Chimichurri
- Steak Sauce

## EXAMPLE COMBO:

PROTEIN: GROUND BEEF

CARBS: RICE

VEGGIES: BAGGED LETTUCE

FLAVOR: SALSA

## Key Takeaways:

- **Pick 2 proteins, 2 carbs, 2 veggies for the week and cook in bulk**
- **Experiment with seasonings and sauces**
- **Mix and match into wraps, bowls, salads**