

# Fitness Meal Prep List

Month: \_\_\_\_\_

Week of: \_\_\_\_\_

## Proteins

- Chicken breast
- Turkey
- Fish
- Eggs
- Tofu / Tempeh
- Greek yogurt

## Carbohydrates

- Brown rice
- Quinoa
- Sweet potatoes
- Oats
- Whole-grain bread

## Prep Tasks

- Cook proteins
- Portion carbs
- Chop vegetables
- Prepare snacks
- Label containers

## Fruits

- Apples
- Bananas
- Berries
- Oranges

## Vegetables

- Broccoli
- Spinach
- Bell peppers
- Carrots
- Zucchini

## Notes

## Healthy Fats

- Avocado
- Olive oil
- Nuts / Seeds
- Nut butter

## Snacks

- Protein bars
- Boiled eggs
- Fruit
- Yogurt