

# Fitness Meal Prep List

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

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

<b>Proteins</b> <ul style="list-style-type: none"><li>● Chicken breast</li><li>● Turkey</li><li>● Fish</li><li>● Eggs</li><li>● Tofu / Tempeh</li><li>● Greek yogurt</li></ul>	<b>Carbohydrates</b> <ul style="list-style-type: none"><li>● Brown rice</li><li>● Quinoa</li><li>● Sweet potatoes</li><li>● Oats</li><li>● Whole-grain bread</li></ul>	<b>Prep Tasks</b> <ul style="list-style-type: none"><li>● Cook proteins</li><li>● Portion carbs</li><li>● Chop vegetables</li><li>● Prepare snacks</li><li>● Label containers</li></ul>
<b>Fruits</b> <ul style="list-style-type: none"><li>● Apples</li><li>● Bananas</li><li>● Berries</li><li>● Oranges</li></ul>	<b>Vegetables</b> <ul style="list-style-type: none"><li>● Broccoli</li><li>● Spinach</li><li>● Bell peppers</li><li>● Carrots</li><li>● Zucchini</li></ul>	<b>Notes</b>     
<b>Healthy Fats</b> <ul style="list-style-type: none"><li>● Avocado</li><li>● Olive oil</li><li>● Nuts / Seeds</li><li>● Nut butter</li></ul>	<b>Snacks</b> <ul style="list-style-type: none"><li>● Protein bars</li><li>● Boiled eggs</li><li>● Fruit</li><li>● Yogurt</li></ul>	