

A SUNDAY BATCH PREP SYSTEM

"Boring" Lunches Build Better Bodies

For women who are done overthinking food
and ready to just make it work.



Most meal prep fails because it's too complicated — new recipes, seventeen ingredients, different proteins all week. By Tuesday you're eating crackers over the sink. **Simple is the strategy.** Cook once on Sunday. Mix and match all week.

THE SYSTEM — ONE HOUR, ONE SUNDAY, ALL WEEK DONE

PROTEINS

Cook both

- Sheet pan chicken
- Ground beef skillet

CARBS

Cook both

- Rice cooker rice
- Air fryer sweet potatoes

VEGETABLES

Cook all three

- Roasted broccoli
- Steamed green beans
- Sautéed zucchini

Healthy fats + sauces are added fresh when building your bowl — they're what make this feel like five different meals instead of one boring one.

FIVE LUNCHES THAT DON'T TASTE LIKE SAD DESK FOOD

MONDAY

Asian Beef Bowl

Ground beef · rice · broccoli

Coconut aminos + avocado or crushed peanuts

TUESDAY

Thai Peanut Chicken

Chicken · rice · broccoli

Peanut butter drizzle + sriracha

WEDNESDAY

Sweet & Salty Chicken

Chicken · sweet potato · avocado

All-purpose seasoning — sweet meets savory

THURSDAY

Savory Beef Bowl

Ground beef · sweet potato · avocado

Cottage cheese + a light drizzle of honey

FRIDAY

Your call.

You've got bases left. Build what sounds good. The system does the thinking so you don't have to.

The secret isn't the food. It's the decision you made on Sunday so you don't have to make one on Wednesday at noon when you're running on empty. **Try one of these this week — I'd love to hear how it goes.**

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Free protein calculator inside →