



HEALTHY MEAL PREP GUIDE

Eat Well All Week. 2 Hours. Once.

People who meal prep spend \$150 less per month on food and are 3x more likely to meet health goals.

1

THE 2-HOUR PREP SYSTEM

- ◆ 0:00-0:20 — Proteins: Bake 2lbs chicken + hard-boil 6 eggs simultaneously
- ◆ 0:20-0:40 — Grains: Cook 2 cups brown rice + 1 cup quinoa in separate pots
- ◆ 0:40-0:55 — Vegetables: Roast 3-4 types of veg at 400°F (25 min, one sheet pan)
- ◆ 0:55-1:10 — Sauces: Make 2-3 sauces to rotate flavors across the week
- ◆ 1:10-1:30 — Portion + store: Divide into containers, label with the date

2

WEEKLY TEMPLATE

- ◆ Breakfast: Overnight oats (prep 5 jars Sunday night) or egg muffins
- ◆ Lunch: Grain bowl = protein + grain + veggies + sauce — rotate sauces to stay interested
- ◆ Dinner: Sheet pan meal — protein + veg on one pan, 30 min in oven
- ◆ Snacks: Pre-portioned nuts, cut fruit, Greek yogurt, hummus + veggies
- ◆ Freezer bank: Double any recipe and freeze half — week 3 becomes a no-cook week

3

BEGINNER SHOPPING LIST

- ◆ Proteins: Chicken breast, canned tuna, eggs, Greek yogurt
- ◆ Grains: Brown rice, quinoa, oats, whole wheat pasta, sweet potato
- ◆ Vegetables: Broccoli, bell peppers, spinach, zucchini, carrots
- ◆ Healthy fats: Olive oil, avocado, almonds, chia seeds
- ◆ Flavor: Garlic, lemon, cumin, smoked paprika, balsami

THE 2-HOUR PREP SYSTEM — TIMELINE

0:00-0:20 PROTEINS	0:20-0:40 GRAINS	0:40-0:55 VEGGIES	0:55-1:10 SAUCES	1:10-1:30 PORTION
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PRO TIP: Don't meal prep 'healthy food you hate.' Prep versions of food you LOVE that happen to be healthy. Consistency beats perfection every single week.

Free Wellness Resources at BarcaProduction.com

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