



Go-to protein options for all diets

Vegan/Vegetarian proteins ideal for meal prep:

- Chickpeas
- All beans (I like black bean and pinto)
- Lentils
- Tempeh (soy based)
- Tofu (soy based)
- Seitan (gluten based)
- Quinoa
- Veggies like peas and edamame
- Veggie burgers & veggie sausage
- Non-dairy yogurts

Non-Vegetarian proteins ideal for meal prep:

- Chicken
- Eggs
- Turkey (ground is best)
- Salmon
- Tuna (canned or fresh)
- Shrimp
- Lamb
- Beef
- Pork
- Dairy (greek yogurt, cottage cheese)

Other types of fish are good too, tuna and salmon are just most common in meal prep.

Go-to vegetables for meal prep:

- Broccoli
- Asparagus
- Green beans
- Peas
- Tomatoes
- Bell peppers
- Onions
- Leafy greens (kale, spinach)
- Mushrooms
- Eggplant
- Zucchini
- Yellow Squash
- Cauliflower
- Brussels sprouts
- Bok choy
- Avocado
- Cucumber
- Celery
- Carrots

- Cabbage
- Cilantro & parsley
- Beets

And let's not forget about fruit!

- Apples
- Bananas
- Oranges
- Grapefruit
- Watermelon
- Plums
- Peaches
- Lemons & limes
- All the berries
- Grapes
- Pineapple
- Pomegranate
- Papaya
- Plantains

Go-to complex carbs for meal prep

Any type of plain rice, whole wheat bread, wraps and tortillas, pastas, sweet potato, winter squash, quinoa, veggie-based pastas, pulse-based pastas, zoodles, cauliflower, faro, bulgur, barley, millet, brown rice noodles, soba noodles, homemade mac and cheese