

20-Minute High-Protein Meal Prep (Quick-Glance)

Grocery Checklist

- Proteins: Chicken breast (2 lb), Ground turkey (1 lb), Greek yogurt (24 oz), Chickpeas (2 cans, opt.)
- Carbs: Rice pouches (2), Mini potatoes (1.5 lb), Tortillas (opt.)
- Veggies: Stir-fry mix (2 bags), Broccoli (2 bags), Spinach/greens, Tomatoes, Peppers, Onion, Avocados (opt.)
- Flavor: Oil, Soy/Teriyaki, Garlic/onion powder, Salsa, Hot sauce, Lemon/lime, Spices
- Containers: 4 meal containers + 1 small cup each

20-Minute Prep Flow

- 0–2 min: Preheat oven 425°F. Prep potatoes (oil/salt).
- 2–3 min: Start roasting potatoes (18 min).
- 3–8 min: Cook chicken + turkey in 2 pans, season well.
- 8–12 min: Microwave broccoli/rice. Add salsa to turkey.
- 12–16 min: Stir-fry veggies + slice peppers/onion. Check potatoes.
- 16–18 min: Make quick yogurt sauce (opt.).
- 18–20 min: Build 4 dinners.

4 Dinners

- 1) Lemon-garlic chicken + rice + broccoli
- 2) Teriyaki chicken + rice + stir-fry veggies
- 3) Turkey taco bowl (rice, turkey, peppers, salsa, avocado opt.)
- 4) Chicken/chickpeas + potatoes + greens + yogurt ranch