

The No-Cook
MEAL PREP PLAN
→ FOR ←
BUSY PROFESSIONALS

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WELCOME!

Let's be real for a minute—sometimes, the absolute last thing you want to do after a long day is cook.

When you're stressed, tired, and hungry "right now", the idea of chopping, baking, and waiting for something to cook can feel like a mountain you don't want to climb. And that's when takeout starts calling your name...

This is where **NO-COOK MEALS** come to the rescue!

With just a little planning and the right ingredients, you can whip up healthy meals that help you **boost your energy, lose weight, balance your hormones**—all without turning on the stove.

WELCOME

With my crazy schedule, sometimes it's hard to find a solid block of time to meal prep. That meant some nights I'd end up grabbing takeout or snacking on whatever was in sight.

Not only does that cost a fortune, but those meals don't exactly make you feel your best!

My solution? Stocking my pantry with the right (healthy!) ingredients so that I could assemble fast & easy no-cook meals.

I created the No-Cook Meal Prep Plan to help you create your own fast and nutritious meals without any hassle.

Whether you're looking to **lose fat** or **build muscle**... the meals in this guide will make sticking to your plan easier than ever.



WELCOME



At 180 fitness, we've help thousands of people to reach their fitness goals with our tried-and-tested approach.

Like my client, Kim, who struggled to find time to cook between her job and her family. Meal prep always felt like just another chore. But when we finally created a plan that fit her lifestyle, she stayed on track even on her busiest nights and kept moving toward her goals.



HERE'S TO MAKING HEALTHY EATING A

WHOLE LOT EASIER



(and more fun!)

Adrian Delorey

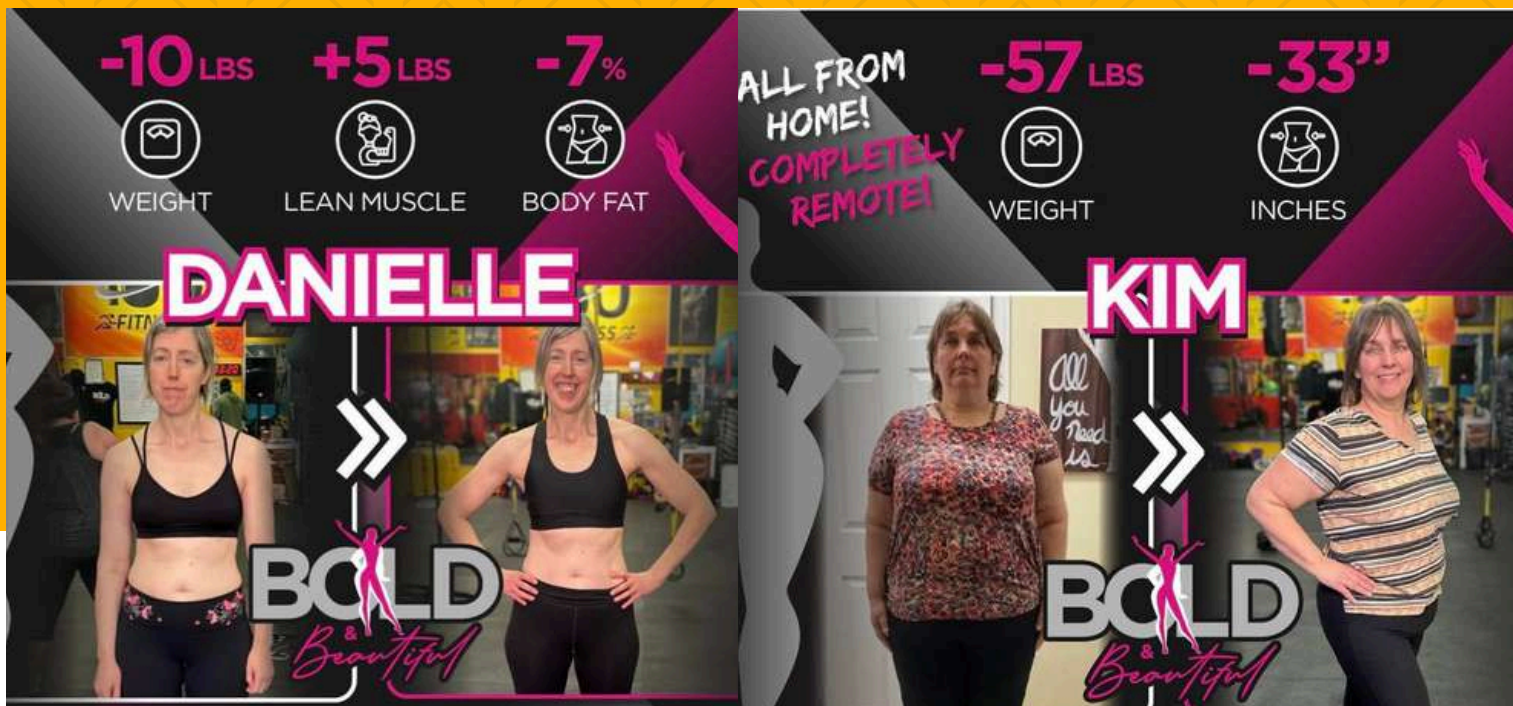
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THE NO-COOK MEAL PREP PLAN

We Deliver RESULTS



Danielle D-D

I completed the 21 day challenge with 180°Fitness and what an amazing challenge it was. 21 days of support with several live streamed workouts per day to choose from, a meal plan that was the key to weight loss, and a personal coach to keep the challenge team motivated and on track. The added bonus was meal preps live streamed from Chez Deslauriers and mindsets from Adrian Delorey. A great program that brought my lifestyle back on track. I recommend 180°Fitness to anyone who is looking to better their life.

Kim P.

Kim joined our Bold & Beautiful Program with a commitment to making a lasting change—and wow, did she deliver! With a personalized, fun, and exciting nutrition plan tailored to her lifestyle, Kim was able to lose over 50 pounds—all while doing it remotely! Her journey was not just about weight loss but about embracing a sustainable, enjoyable way of living. Through our guidance, motivation, and her unwavering dedication, Kim transformed both her body and mindset.



YOUR NO-COOK *Meal Prep* SUPPLY LIST

Note ✎

You don't have to keep all of these items on hand at all times. Choose 2-3 of your favorites from each category and you're good to go!

Tip ✓

As always, read the food labels to make sure your food choices are healthy — low in added sugars, sodium, preservatives, and unhealthy fats.

PROTEIN

- [illegible]

FRUITS & VEGGIES

- Bags of pre-prepped salad
- Broccoli slaw
- Container of fresh berries (or frozen berries)
- Baby Carrots
- Cucumber
- Sliced Bell Peppers
- Celery Sticks
- Cherry Tomatoes

STARCHY CARBS

- ## EXTRAS Dairy, Condiments, Toppers, and Healthy Fats

These can turn up the volume on a boring “plain” meal.

- Vinaigrette or other olive-oil-based salad dressing
- Hummus
- Salsa
- Pesto
- Guacamole
- Avocado
- Nut Butter (Almond, Peanut, Sunflower Seed, etc)
- Raw Nuts and Seeds
- Ready-to-Eat Edamame
- Coconut aminos
- Plant-Based Milk

How Much SHOULD I EAT?

Wondering how big a portion size really is? You already have a very valuable tool you can use... **your hand!**

- *Your palm = your protein portions*
- *Your fist = your vegetable portions*
- *Your cupped hand = your carb portions*
- *Your thumb = your fat portions*

It's perfectly portioned to YOU! Using your hand is a great idea any time you don't have access to your scale, like when you're dining out.

We've included a quick guide on the next couple pages on how to use your hand to "guestimate" your macro-based portion sizes.

VEGETABLES

SERVING SIZE (approx.)

- 1 cup non-starchy vegetables (peppers, leafy greens, cabbage, broccoli)



(FIST)

PROTEIN

SERVING SIZE (approx.)

- 4 oz (85-115 g) lean meat, fish, shellfish, poultry, tofu
- 1 cup (225 g) low-fat plain Greek yogurt/cottage cheese
- 2 whole eggs
- 2 scoops protein powder



(PALM)

STARCHY CARBS

SERVING SIZE (approx.)

- ½ to ¾ cup (100-130 g) cooked grains or legumes (oats, rice, lentils, etc)
- 1 medium fruit (apple, small banana, etc)
- 1 medium potato



(CUPPED
PALM)

OIL, FAT AND NUTS

SERVING SIZE (approx.)

- 1 Tbsp (15 g) oils, butter, seeds, cheese, nuts



(THUMB)



10 NO-COOK Meal Prep Ideas

1

MEDITERRANEAN BENTO BOX

- **Protein:** Grilled chicken strips, hard-boiled egg
- **Carb:** Hummus
- **Veggies:** Baby carrots, cucumber slices, cherry tomatoes
- **Extras:** Olives, feta cheese, sprouted grain crackers

Assemble all of the ingredients in a bento box or snack plate. Enjoy!

2

GREEK-INSPIRED SALAD

- **Protein:** Rotisserie chicken, sliced
- **Carb:** Canned cannellini beans, rinsed & drained
- **Veggies:** Pre-prepped salad, cherry tomatoes, sliced cucumber
- **Extras:** Feta cheese crumbles, olive oil vinaigrette

Place all of the ingredients in a salad bowl, toss with the vinaigrette, and top with a tablespoon or two of feta cheese crumbles.

10 NO-COOK MEAL PREP IDEAS

3

ASIAN-INSPIRED SHRIMP BOWL

- **Protein:** Precooked shrimp
- **Carbs:** Brown rice (pre-cooked and cooled)
- **Veggies:** Edamame, cucumber slices
- **Extras:** Coconut aminos, sesame seeds

Place the shrimp, rice, and veggies in a bowl, add coconut aminos to taste, and top with a sprinkle of sesame seeds.

4



CHICKEN & QUINOA DINNER

- **Protein:** Rotisserie chicken
- **Carbs:** Quinoa (pre-cooked & cooled)
- **Veggies:** Pre-prepped salad, cherry tomatoes
- **Extras:** Olive oil vinaigrette, avocado slices

You can eat this meal as a big salad or on a plate.

Salad: *place the salad, veggies, chicken, and quinoa in a bowl, toss with vinaigrette, and add avocado slices.*

Plate: *Dress the salad with vinaigrette and assemble the plate with chicken, quinoa, and salad, with a couple of avocado slices as garnish.*

5

MEDITERRANEAN WRAP

- **Protein:** Grilled chicken strips
- **Carbs:** Sprouted grain wrap
- **Veggies:** Baby spinach, cherry tomatoes, sliced
- **Extras:** Hummus, feta cheese

Place the wrap on a plate, spread it with hummus, add the chicken strips, spinach, tomato slices, and feta cheese, and roll it up. Enjoy!

10 NO-COOK MEAL PREP IDEAS

6

ITALIAN-INSPIRED SHRIMP & RICE BOWL

- **Protein:** Precooked shrimp
- **Carbs:** Brown rice (pre-cooked & cooled)
- **Veggies:** Sliced bell peppers, cucumber slices
- **Extras:** Pesto

This one takes just a couple minutes to assemble and tastes like a gourmet treat. Place the shrimp and veggies in a bowl, stir in some pesto, and top with the veggies.

7



MEDITERRANEAN TUNA SALAD

- **Protein:** Tuna, from a can or pouch
- **Carbs:** Canned white beans, rinsed and drained
- **Veggies:** Pre-prepped salad, cherry tomatoes, bell pepper slices
- **Extras:** Lemon vinaigrette

This simple salad will become a favorite! Place all the ingredients in a bowl and toss with the lemon vinaigrette.

8

PLOUGHMAN-INSPIRED LUNCH PLATE

- **Protein:** 1 hard-boiled egg, 1-2 slices rotisserie chicken
- **Carbs:** Slice of sprouted grain bread
- **Veggies:** sliced radishes and cucumber
- **Fruits:** 8 red grapes and ½ apple, sliced
- **Extras:** 1 Tbsp no-sugar-added jam or chutney

Assemble on a plate, like a charcuterie board. Eat and enjoy!

10 NO-COOK MEAL PREP IDEAS

9

SOUTHWEST CHICKEN SALAD

- **Protein:** Grilled chicken strips
- **Carbs:** Canned pinto beans, rinsed and drained
- **Veggies:** Broccoli slaw, sliced cherry tomatoes
- **Extras:** Salsa, guacamole

Place a serving of broccoli slaw in a bowl, and add the tomatoes, beans, and chicken strips. Drizzle the salsa and guacamole over the top and eat!

10



PLANT-BASED INDIAN-INSPIRED LUNCH BOWL

- **Protein:** Canned chickpeas, drained and rinsed; Greek yogurt
- **Carbs:** Pre-cooked brown rice
- **Veggies:** Cherry tomatoes, cucumber
- **Extras:** Curry powder

In a small bowl, mix 2 Tbsp of Greek yogurt with 1 tsp curry powder and a dash or two of salt and pepper to taste.

In a medium bowl, combine the chickpeas, rice, tomatoes, and cucumber. Add the yogurt dressing to the bowl and mix until everything is evenly coated.

Important:

HOW TO KEEP YOUR



MOMENTUM

Going!

You're Ready to Make Meal Prep a Breeze!

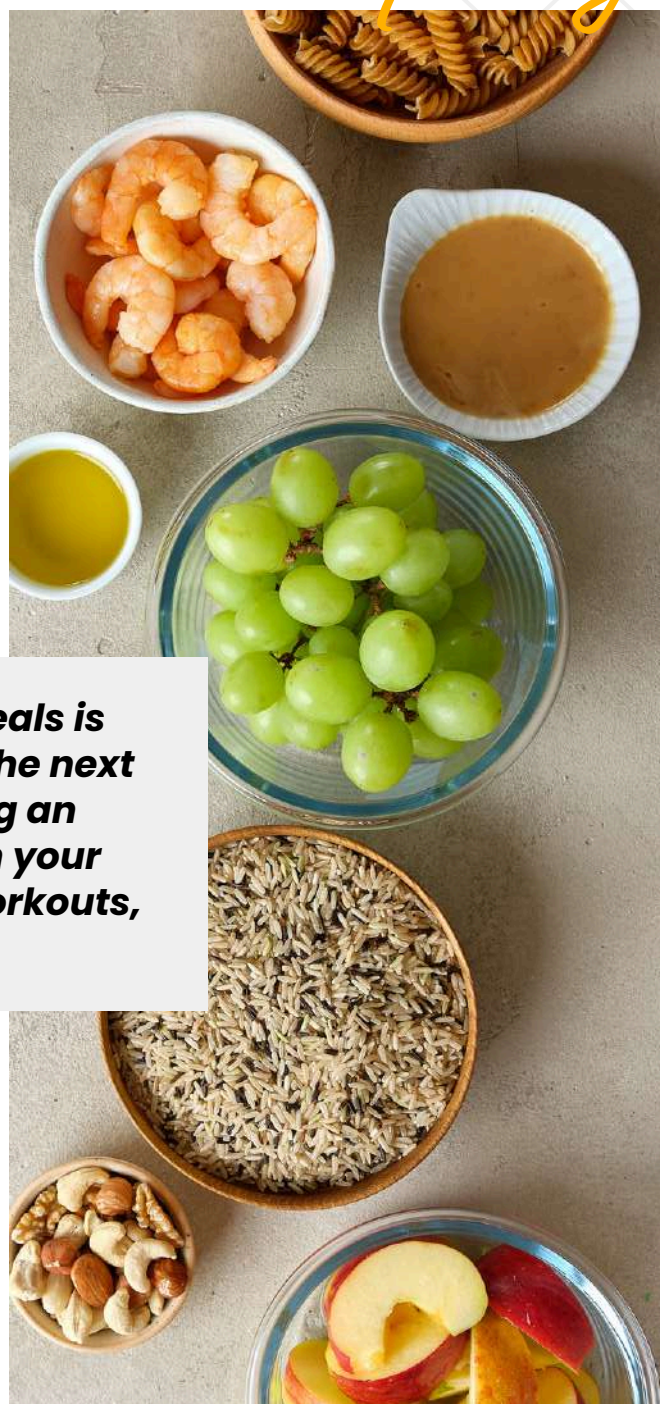
Great job making it through No-Cook Meal Prep Plan for reaching your fitness goals!

By diving into these easy, no-cook, or "heat-and-eat" meal options, you're doing more than just solving the "what's for dinner?" dilemma—you're taking a big step towards reaching your **weight loss** goals!



But remember, prepping healthy meals is just one part of the bigger picture! The next (+ MOST IMPORTANT) step is creating an overall plan that not only focuses on your nutrition but also integrates your workouts, habits, and overall lifestyle.

Imagine having a plan where everything—your meals, workouts, sleep, and daily habits—work together seamlessly... giving you a straight forward path to achieve your goals and **lose fat** !



That's exactly what
**180°FITNESS, BOLD N
BEAUTIFUL &
BIGGEST LOSER OTTAWA**
is designed to help you with.



Here's what you'll get when you join:

- ✓ **A personalized roadmap** that brings together your nutrition, workouts, and daily habits—so you can stay consistent, balanced, and always moving forward.
- ✓ **Custom meal plans, workout schedules, and habit-tracking tools** tailored specifically for YOUR lifestyle, so you know exactly what to do to reach your goals.
- ✓ **Built-in accountability** to keep you on track, with personalized adjustments to ensure you're always moving toward your goals—even when life gets busy.
- ✓ **LIVE coaching + support** from me to help you tweak and optimize your plan as you progress, making sure it always works for you—not the other way around.
- ✓ **Workshops and trainings** that dive deep into building sustainable, healthy habits that last a lifetime.

HERE'S WHAT A COUPLE OF OUR CLIENTS HAVE SAID:



Coleen J.

Coleen's hard work, perseverance, and self-belief helped her overcome setbacks and build lifelong healthy habits. She embraced challenges, adapted, and grew stronger—both physically and mentally. Equipped with the tools for lasting success, she kept pushing forward, believing in herself, and thriving.



Lisa R.

I came to 180 Fitness at one of the lowest points in my life—stressed, unhealthy, and struggling both physically and emotionally. With Adrian's support and expert guidance, I pushed through the challenges, lost 40 pounds, regained my confidence, and now have the energy to fully enjoy life with my kids. [cess story goes here.](#)

NOW IT'S YOUR TURN TO GET RESULTS LIKE THIS!



613-859-2633 TO BOOK A CALL

so we can talk about your goals and how **180 fitness** might help you reach them faster. Together, we'll figure out if it's the right fit, and if not, I'll make sure you walk away with clear next steps and a solid plan for moving forward.

I'm excited to help you take the next step, and I can't wait to see what we can accomplish together.

Call or DM me to book your call now...

I'm ready when you are!

ADRIAN DELOREY

OWNER & CMO, 180°FITNESS

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