FAST & EASY

MEAL PREP *Recipes*

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Meal Prep SIMPLIFIED

If you're ready to simplify your meals and save a LOT of time thinking about (and making!) your food for the week... you are in the right place!

Inside you'll find a roundup of some of our favorite meal prep recipes. These time-tested recipes are delicious AND loaded with nutrition.

If you're new to meal prepping, setting aside an hour or two once a week to plan and prepare your meals ahead of time will save you SO MUCH TIME and stress during the week. You'll wonder why you waited so long to get started.

So... grab your ingredients, turn on your favorite music, and spend some quality time with your kitchen creating these easy recipes to fuel your week!

WELCOME

At 180°Fitness we help men & women embrace who they are – flaws and all – and give them the courage to unveil the beauty, confidence and strength that already exists within them.

We help our community pave their own path toward gaining back their confidence, Improving the overall quality of their life, & impacting the health of their entire family tree.

We do this by **Educating, Empowering, & Enriching** the lives of our clients by providing the best information, products, and services possible in the three pillars of fitness, nutrition, and accountability.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this guide helps make your mealtimes easier & healthier!

Committed to Your Success,

Adrian & Jewls

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We Love OUR CLIENTS

180Fitness Team of Awesome

Meal Prep TIPS

A few quick tips before we dive in...

SERVING SIZES

You might notice several of the recipes in this ebook contain a range of serving sizes.

That's because portion sizes aren't one-size-fits-all!

They depend on (among other things) your goals, size, sex, age, and how active you are.

A qualified coach can help you find the right portion sizes for YOU and YOUR UNIQUE GOALS and needs.

SNACK ATTACK

A secret tip for success is to plan for snacks ahead of time!

Snacks are often seen as "extras" ... but when you include them in your daily routine and have healthy options on hand – they can go a long way toward keeping you on track.

Meal Prep Lunch & Dinner

RECIPES

Simple Overnight CHIA PUDDING

Makes 4 servings

***Tip**: Make sure you shake the jars vigorously so that the chia seeds don't clump up before putting them in the refrigerator to set.*

INGREDIENTS

- ½ cup (95 g) chia seeds
- 2 cups (480 ml) of your favorite milk (cashew & oat are creamy options)
- 4 tsp maple syrup, honey, or agave
- 1 cup (80 g) of rolled oats
- ½ tsp vanilla extract, optional
- 2 cups (300 g) of frozen mixed berries
- OPTIONAL: 2 scoops of protein powder

INSTRUCTIONS

1. Set up 4 meal prep containers (think mason jars or covered bowls).
2. In each container, add 2 Tbsp of chia seeds, ½ cup (120 ml) of milk, 1 tsp sweetener, ¼ cup (20 g) rolled oats, and a couple of drops of vanilla extract.
3. Cover tightly and shake well to combine, or use a spoon to stir the mixture together.
4. Once the chia pudding mixture is well combined, add ½ cup (75 g) frozen berries to each, and then cover and place in the refrigerator to set for at least a few hours.
5. When it is time to eat, stir, mix an optional ½ scoop of protein powder, and enjoy!

3 Ingredient EGG MUFFINS

Makes 4 servings

Use your favorite peppers ... red, yellow, or orange in this colorful and filling make-ahead breakfast.

INGREDIENTS

- 4 medium bell peppers
- Sea salt & freshly ground pepper (to taste)
- 8 large eggs
- ¼ cup (28 g) Mexican-blend shredded cheese

INSTRUCTIONS

1. Preheat your oven to 400°F/200°C and coat a sheet pan with cooking spray.
2. Cut the bell peppers in half lengthwise, and remove the ribs and seeds. Place the peppers in the pan with their cut side up, and sprinkle with a small amount of sea salt and pepper.
3. Place in the oven for 15 minutes.
4. Remove from the oven and crack 1 egg into each pepper cup.
5. Sprinkle on a little more salt and pepper, along with ½ Tbsp of cheese. Place the peppers back in the oven and continue to bake for another 15-20 minutes, until the eggs are set.
6. To store, let the peppers cool and then place in a tightly covered container for up to 4 days. You can reheat them in the microwave.

Tofu SCRAMBLE

Makes 4 servings

This tofu scramble isn't good just for breakfast — it's a great comfort meal for dinner, too.

FOR THE TOFU

- 16 oz (455 g) extra-firm tofu
- 3 Tbsp olive oil
- ½ medium red onion, chopped
- 1 medium red bell pepper, chopped
- 4 big handfuls of baby spinach, loosely chopped

FOR THE SAUCE

- 1 tsp sea salt
- 1 tsp garlic powder
- 1 tsp ground cumin
- Small amount of water

Optional:
Top with hot sauce or salsa.

INSTRUCTIONS

1. Pat the tofu dry and wrap it inside a clean, absorbent towel. Place something heavy on top of it (a skillet or heavy baking pan) to press, and let it sit for 15-20 minutes.
2. Prepare the sauce by placing the spices in a small bowl and adding enough water to make a sauce that you can pour.
3. Get your veggies ready and heat the oil in a large skillet over medium heat. Add the onion, red pepper, and a little salt and pepper. Cook, stirring occasionally, about 5 minutes, until the veggies start to soften.
4. Add the spinach in 2-3 batches, and cook until wilted. While it's cooking, remove the tofu from the towel, place it on a plate and crumble it into small pieces.
5. Move the veggies over to one side of the skillet and add the tofu to the empty side. Saute for a few minutes, and then add the spice sauce you made earlier, pouring most of it over the tofu. Stir to incorporate it.
6. Continue cooking until the tofu starts to brown and get a little crispy.
7. Remove from the heat and serve immediately as-is, or with a little salsa and/or hot sauce.
8. Or, divide between meal prep containers. This will keep in the fridge for 4 days.

Fruity QUINOA BOWL

Makes 4 servings

This is a hearty and protein-packed oatmeal alternative.

INGREDIENTS

- 1 cup (180 g) dry quinoa
- 1 cup (240 ml) water
- 1 cup (240 ml) vanilla cashew or oat milk
- ½ tsp cinnamon
- ½ tsp vanilla extract
- ½ tsp sea salt
- 2 Tbsp raw honey or pure maple syrup
- 2 cups (300 g) chopped fresh fruit of your choice (berries, sliced bananas, etc.)
- 2 Tbsp cacao nibs (optional)

INSTRUCTIONS

1. Rinse and drain quinoa. It might be tempting to skip this part, but it makes a big difference in the taste of your quinoa!
2. Place the quinoa, water, and milk in a medium saucepan and bring to a boil. Lower the heat to a simmer, add the cinnamon, vanilla, and salt, cover, and let cook for about 15 minutes, until the liquid is absorbed.
3. Remove from the heat and let sit for 3-5 minutes.
4. Fluff the quinoa before portioning into 4 containers or bowls.
5. Just before serving, reheat and top with the fresh fruit, sweetener, and optional cacao nibs. You might also want to add a little more milk.
6. This will keep 3-4 days in the refrigerator. Yum!

Homemade PB OAT BARS

Makes 16 servings

Compare the ingredients list in this recipe with what you'll find in store-bought granola bars ... and you'll never go back. If you prefer to avoid chocolate chips, try cacao nibs. Avoid the temptation of cutting these before they have cooled. If you cut them too soon they will turn into a crumbly (but delicious) mess.

INGREDIENTS

- 3 cups (240 g) rolled oats
- ¾ cup (190 g) natural peanut butter or almond butter
- ⅓ cup (110 g) honey or maple syrup
- ½ cup (120 g) mini chocolate chips
- 2 eggs
- Pinch of sea salt

INSTRUCTIONS

1. Preheat your oven to 350°F/177°C and line a 9x9 inch (23x23 cm) baking dish with parchment paper.
2. Combine all of the ingredients in a large mixing bowl and stir until well combined.
3. Transfer mixture to baking dish and press into the pan so that it forms an even layer.
4. Bake for 14-17 minutes. It's done when the center feels firm(ish) and the edges are becoming brown. Remove the oven and let cool completely on a rack before slicing into 16 squares.

DIY Protein SNACK BOXES

SNACK BOX INGREDIENT IDEAS

The possibilities for these mix-and-match protein snack boxes are almost endless.

Simply assemble 3-4 ingredients from different groups below, and voila! You have a healthy snack you'll actually look forward to.

If you prefer to "graze" your lunch or dinners, or have one of these protein boxes as a meal — just boost your portion sizes!

PROTEIN

- Hardboiled Eggs
- Hummus
- Cottage Cheese
- Jerky
- Tuna/Chicken Salad
- Uncured Deli Meat
- Crispy Chickpeas

VEGGIES

- Celery
- Carrots
- Cucumber Slices
- Broccoli Florets
- Bell Peppers
- Snap Peas
- Cherry Tomatoes

FRUITS

- Oranges
- Blueberries
- Raspberries
- Blackberries
- Apple

FATS

- Guacamole
- Almonds
- Walnuts
- Pecans
- Pistachios

DIY Protein SNACK BOXES

BOX 1

2 mandarin oranges
¼ cup (30 g) almonds
1 hardboiled egg

BOX 2

1 cup (85 g) grapes
1 oz (30 g) cubed cheese
1 oz (30 g) walnuts

BOX 3

1 oz (30 g) jerky
½ cup (60 g) pistachios in-shell
½ cup (75 g) blueberries

BOX 4

2-3 oz (55-85 g) uncured deli meat
1 cup (85 g) broccoli florets
6 grape tomatoes
2 Tbsp yogurt-based dressing or dip

BOX 5

½ cucumber (sliced)
2 celery stalks
8 baby carrots
¼ cup (65 g) hummus

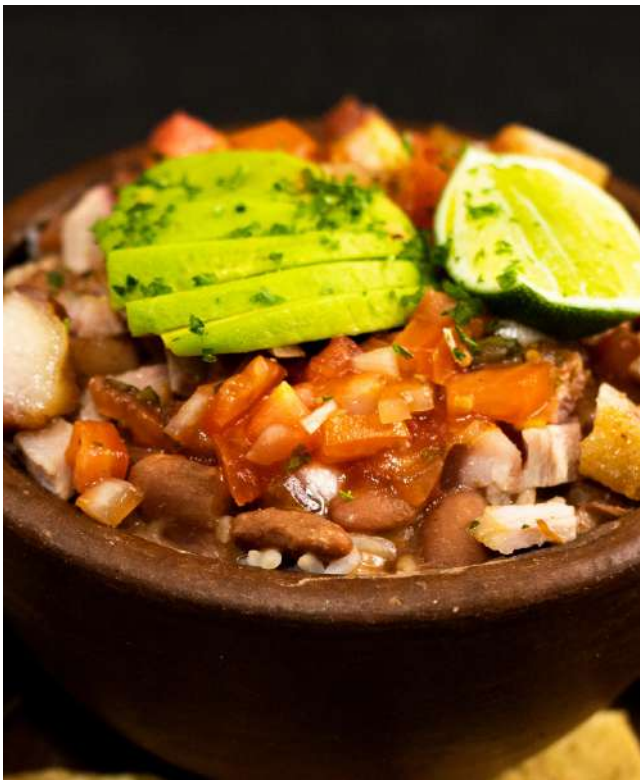
BOX 6

2-3 oz (55-85 g) uncured deli meat
½ cucumber, sliced
½ cup (75 g) berries
2 Tbsp tzatziki sauce

Meal Prep TACO BOWL

Makes 4-6 servings

While you're preparing the protein in the taco bowl, cook the rice. Feel free to add your favorite taco toppers: avocado, cilantro, etc.



PROTEIN

- 1 lb (455 g) lean ground meat (beef, chicken, turkey -OR- extra-firm tofu, cut into cubes)
- 1 Tbsp extra virgin olive oil
- 2 Tbsp taco seasoning
- ⅔ cup (155 ml) water

PREPARE THE PROTEIN

1. Heat 1 Tbsp olive oil in a medium skillet over medium heat. Add the ground meat or cubed tofu, breaking it up with a fork as it cooks.
2. When cooked through, stir in the taco seasoning and water. Let simmer for 2-3 minutes until the sauce thickens.
3. Remove from heat and set aside.

SALSA

- 2 cups (300 g) cherry tomatoes, cut into quarters
- 1 jalapeno, chopped (remove seeds for milder salsa)
- ¼ cup (30 g) red onion, chopped
- 1 lime, juiced
- ½ tsp sea salt

PREPARE THE SALSA

1. Combine the salsa ingredients in a medium bowl and mix well.

BOWL INGREDIENTS

- 2 cups (190 g) cooked rice (your choice: brown, jasmine, cauliflower, etc.)
- 15 oz (425 g) can organic corn, rinsed and drained
- ½ cup (60 g) goat cheese crumbles (optional)

ASSEMBLE THE TACO BOWLS

Divide ingredients evenly between 4 to 6 (depending on serving size) meal prep containers.

- Taco-seasoned meat or tofu
- Salsa
- Rice
- Corn
- Sprinkle of goat cheese crumbles

Cover tightly and store in the refrigerator for up to 4 days. Can be eaten cold or reheated.

Tip: don't add the salsa until just before you eat/after you reheat it.

Meal Prep COBB SALAD

Makes 4-6 servings

Feel free to switch up the protein in this salad — use cooked & sliced chicken or turkey, shrimp, salmon, or crispy tofu cubes.

INGREDIENTS

- 1 lb (455 g) steak
- 2 Tbsp olive oil
- 4 hard-boiled pasture-raised eggs, cooled, peeled, & diced
- 6 big handfuls of baby spinach
- 1 cup (150 g) cherry tomatoes, halved
- 1 cup (120 g) walnut or pecan halves
- ½ cup (55 g) crumbled goat cheese
- Your favorite salad dressing

PREPARE THE STEAK

1. Season your steak with salt and pepper on both sides.
2. Heat the olive oil in a medium skillet over medium-high heat. When the oil shimmers but before it starts to smoke, add the steak.
3. Cook for 7 minutes, then flip the steak. Let cook for another 5 minutes, or until it reaches 140°F/60°C.
4. Remove from the pan and let rest for 5 minutes before slicing.

ASSEMBLE THE SALAD

1. Make a bed of spinach leaves in the bottom of each meal prep container.
2. Top it with rows of steak (or other protein), eggs, tomatoes, nuts, and cheese.
3. Store in the refrigerator until it's time to eat, and add 1-2 Tbsp of your favorite dressing.

Teriyaki BOWL

Makes 4-6 servings

This recipe looks more complicated than it is. It's actually a simple (but delicious) sheet pan meal with homemade sauce. We love sheet pan meals because they're quick and easy to prep and clean up! You can eat this as-is or serve it with cooked rice or quinoa.

HOMEMADE TERIYAKI SAUCE

- ⅓ cup (80 ml) coconut aminos
- 3 tbsp honey
- ¼ cup (60 ml) rice wine vinegar
- 2 tsp sesame oil
- 2-3 garlic cloves minced
- ¾ tsp grated fresh ginger
- ¼ cup (60 ml) water
- ½ Tbsp cornstarch or arrowroot powder

CHICKEN & VEGGIES

- salt and black pepper to taste
- 1½ lb (685 g) chicken breasts cut into halves
- 3 cups (250 g) broccoli florets
- 1 cup (120 g) sliced carrots

MAKE THE SAUCE

1. Place all of the sauce ingredients EXCEPT the cornstarch in a small saucepan over medium heat.
2. Whisk together and just before it starts to simmer, add the cornstarch and whisk again until combined.
3. Let simmer, stirring to avoid clumps, until the sauce thickens.
4. Remove from the heat and set aside.

PREPARE THE CHICKEN & VEGGIES

1. Preheat oven to 400°F/200°C and line a large sheet pan with parchment paper or foil. If using foil, spray with nonstick cooking spray.
2. Season both sides of the chicken breasts with salt and pepper and place on the baking sheet. Drizzle a small amount of glaze (1-2 Tbsp) over each piece of chicken so that it is coated on both sides. Save half of the glaze for later.
3. Place in the oven and cook for 10 minutes.
4. While the chicken is cooking, place the broccoli and carrots in a large bowl and drizzle in 2-3 spoonfuls of the glaze, and toss to coat.
5. Remove the chicken from the oven, and coat both sides with more glaze. Place the broccoli and carrots in a single layer around the chicken.
6. Place back in the oven and bake for another 15-20 minutes, or until the chicken is cooked through and the veggies are slightly crisp but tender. Remove pan from oven, slice chicken into strips, and drizzle with remaining sauce, if any.
7. To prepare, place in meal prep bowls and tightly cover. These will keep up to 4 days in the refrigerator.

Mason Jar CHICKEN SALAD

Makes 4 salads

Once you master the original recipe, feel free to mix this up with your own take on the ingredients. If you're in a hurry, you can use rotisserie chicken!

FOR THE CHICKEN

- 1 lb (455 g) boneless skinless chicken breasts
- ½ to 1 cup (120-240 ml) water

PREPARE THE CHICKEN

1. Spray a medium skillet with cooking spray and heat over medium heat. Add the chicken and season with salt and pepper. Cook until browned on one side, 2-3 minutes. Flip chicken and cook for 2-3 minutes on the other side, until browned.
2. Pour in enough water so that it reaches halfway up the sides of the chicken; cover skillet with lid. Continue cooking chicken until it is cooked through, about 8-10 minutes. It should reach a temp of 165°F/75°C. Remove chicken from the heat and place on a plate to cool.

FOR THE DRESSING

- ¾ cup (170 g) low-fat plain Greek yogurt
- 1½ Tbsp apple cider vinegar
- 1 Tbsp honey or agave
- Juice of 1 small lemon
- salt and pepper

PREPARE THE DRESSING

1. While the chicken cools, make the salad dressing by whisking together all of the dressing ingredients.
2. Taste and adjust sweetness and seasonings. If the dressing seems too thick, add 1-2 Tbsp of water.

FOR THE SALAD

- 1 large apple, cored and chopped
- Juice of 1 small lemon
- 3 ribs celery, chopped
- 1 cup (95 g) seedless grapes, cut in half
- 4 handfuls lettuce (romaine, butter, bibb, your fave)
- ½ cup (80 g) dried cranberries
- ½ cup (60 g) walnuts (toasted)

PREPARE THE SALAD

1. Chop the cooled chicken into bite-sized pieces.
2. Toss the apple pieces in the lemon juice to prevent browning.
3. Layer your ingredients into 4 mason jars: celery, chicken, apple, grapes, lettuce, and walnuts.
4. When it's time to eat, add about 3 Tbsp of salad dressing to the mason jar, cover it tightly and shake it up before eating.
5. The salads will keep for 3-4 days in the fridge.

Buddha JARS

Makes 4-6 servings

Here's another delicious mason jar recipe to add to your meal prep collection. ***TIP****: Make it plant-based by replacing the chicken with crispy chickpeas.*

FOR THE MARINADE

- ¼ cup (60 ml) extra-virgin olive oil
- 2 garlic cloves, minced
- Juice of 1 lime
- 1 Tbsp coconut aminos
- 1 Tbsp honey, maple syrup, or agave
- 1-2 dashes sea salt & freshly ground pepper

BUDDHA JAR INGREDIENTS

- 1 lb (455 g) boneless skinless chicken breasts, cubed
- 1 large head of broccoli, cut into florets
- 2 large carrots, cut into 1" coins
- 2 red onions, cut into wedges
- 2 cups (370 g) cooked quinoa
- Sriracha, to taste (optional)
- 1 avocado, chopped (add right before eating)

INSTRUCTIONS

1. Preheat oven to 400°F/200°C.
2. In a large bowl, combine olive oil, garlic, lime juice, coconut aminos, honey, and season with sprinkles of sea salt and pepper. Whisk until combined.
3. Add the cubed chicken and veggies to the bowl and toss until they are well coated with the marinade.
4. Place them in a single layer on a sheet pan that has been covered with parchment paper.
5. Place the sheet pan in the oven and bake about 25-30 minutes, until the vegetables are tender and the chicken is cooked. Remove from the oven.

ASSEMBLE YOUR BUDDHA JARS

1. Divide cooked quinoa between 4 mason jars and add 1-2 dashes of sriracha if desired.
2. Top with the roasted veggies and chicken. Tightly seal with the lid and place in the refrigerator until you're ready to eat.
3. When you're ready to eat, add the avocado and shake up the jar! These will keep 3-4 days in your refrigerator.

Meal Prep LENTIL SOUP

Makes 4 servings

Sometimes you just want a comforting soup for lunch or dinner, and this one more than fits the bill. Serve it with a slice of sprouted grain bread or a side salad (or both!).

INGREDIENTS

- 2 Tbsp olive oil
- 1 small yellow onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 Tbsp tomato paste
- 3 garlic cloves, minced
- 2 tsp cumin
- 3 tsp Italian seasoning
- Sea salt and freshly ground pepper, to taste
- 28 oz (794 g) can fire-roasted diced tomatoes
- 4 cups (960 ml) low-sodium vegetable broth
- 2 cups (480 ml) water
- 1 cup (190 g) lentils, washed and picked over
- 2 handfuls of spinach leaves that have been stemmed and sliced
- 2 Tbsp apple cider vinegar

INSTRUCTIONS

1. Heat the oil in a large pot. When it is hot, add the onion, carrots, and celery and cook, stirring frequently, for 5-6 minutes. The onion should start to caramelize. Stir in the tomato paste, garlic, spices, salt, and pepper, and let cook for 2-3 minutes so the spices have time to toast.
2. Pour in the diced tomatoes, broth, water, and lentils and stir to combine. Bring to a boil, reduce the heat to low, partially cover, and allow to simmer for 30 minutes.
3. Stir in the spinach and apple cider vinegar, and let simmer for another 5-8 minutes. Carefully taste the soup (it'll be hot!) and add more salt and pepper if necessary.
4. Remove from heat and allow to cool slightly before dividing between 4 mason jars or other serving containers.
5. This will keep 3-4 days in the refrigerator.

Super Simple CHICKPEA SALAD

Makes 4-6 servings

Enjoy this with a slice of sprouted grain bread, add some tuna or chicken to boost the protein, or serve over salad greens. Or all of the above. Simple and delicious!

INGREDIENTS

- 2 x 15-ounce cans chickpeas, rinsed & drained
- 1 small red onion, finely chopped
- 1 red bell pepper, finely chopped
- 2-3 celery stalked, chopped
- 1 small can (8.5 oz/245 g) of corn, rinsed & drained
- 1 clove garlic, finely minced
- ½ tsp crushed red pepper flakes
- ½ tsp Italian seasoning
- 2 Tbsp red wine vinegar
- 3 Tbsp extra-virgin olive oil
- Salt and freshly ground black pepper.

INSTRUCTIONS

1. Combine the chickpeas with onion, pepper, celery, corn, garlic, red pepper flakes, and Italian seasoning in a medium bowl.
2. In a small bowl, whisk together the vinegar, oil, salt, and pepper and pour over the chickpea mixture. Toss well. Divide between 4 to 6 meal prep containers.

Meal Prep CHILI

Makes 4-6 servings

This chili is not only fast & easy to make ... it's also versatile. You can eat it as-is, stuff a sweet potato with it, use it as a taco filling, you name it! If you'd prefer not to have beef, use ground chicken or turkey, or a meat substitute.

INGREDIENTS

- 1 Tbsp olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 red bell pepper, seeded and diced
- 1 medium carrot, peeled and diced
- 1 lb (455 g) lean ground beef, preferably grass-fed
- 1 Tbsp chili powder
- 1 tsp cumin
- 1 can (14 oz/396 g) diced tomatoes
- 1 can (15 oz/425 g each) black beans, drained and rinsed
- 1 can (15 oz/425 g each) pinto beans, drained and rinsed

INSTRUCTIONS

1. Heat the olive oil in a large soup pot over medium heat.
2. Add the onion, garlic, red pepper, and carrot. Cook until softened, stirring occasionally, about 3-4 minutes.
3. Add the beef and cook, stirring frequently to break up the clumps, until the meat is no longer pink, about 5 minutes.
4. Stir in the remaining ingredients except for the beans.
5. Bring to a light boil, lower the heat, cover, and let simmer until the liquid is absorbed, about 30 minutes.
6. Stir in the black and pinto beans and cook another 15-20 minutes, until your chili becomes thick.
7. Add salt and pepper to taste.
8. Divide between your meal prep containers. This will keep in the fridge for 4 days.

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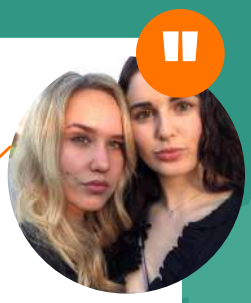

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We'd love to be part of your fitness/wellness journey.

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