

Quick and Easy Protein Sources to Grab and Go

- Tuna or Salmon packets (or canned tuna)
- Deli Meat Roll-ups (make sure to get fresh from the deli)
- Hard Boiled Eggs
- Greek Yogurt
- Ricotta Cheese
- Cottage Cheese
- Turkey Hot Dogs
- Pre-cooked Turkey Bacon
- Pre-cooked Chicken

**Plan ahead and cook your chicken or turkey bacon, boil your eggs, etc in advance on Sunday so that you are ready for the week ahead!

#MealPrepSunday