

Good portable, no-cook meal prep options

- Beef jerky
- Trail mix in individual packets
- Apples
- Bananas
- Lara bars
- Pre-cooked fresh or frozen chicken
- Microwave rice packets (uncle Ben's or other brand, any flavor)
- Individual cereal bowls (Cheerios or other high fiber cereal, you know what cereals have too much sugar haha)
- Any Yogurt
- Any Canned veggies
- Microwavable bags of frozen veggies ("steamers")
- Protein powder (read the nutrition facts label and look for ones that have less than 1-2g of fat and 3-5g of carbs per serving)
- Pre-made protein shakes (Fairlife or OWYN are great)
- Tuna packets or cans (pre-flavored)
- Deli meat
- Pita bread
- Wraps
- Whole wheat bread
- Rice cakes (any)
- Popcorn
- Protein chips (Quest or similar brands)
- Berries
- Protein bars (I like Barebell brand. High protein, low fat and carbs, tastes great)
- Quest chips or similar protein chips
- Pretzels
- Dried Edamame

Microwave meals

Look for meals that are high protein (20-40g or more per meal) and have lots of veggies

Condiments

- Any hot sauce
- Any dry seasonings (there are lots of pre-mixed canisters and packets you can buy)
- Any mustard
- Low sugar ketchup
- Low sugar BBQ sauce
- Premade BBQ rubs
- Curry pastes
- All dry spice mixes

- Go to international markets for spices. Novel flavors. Gets you excited about your food
- Vinegars. Balsamic on any meats or non-white fish
- Citrus juices. Keep lemon or lime slices on hand for squeezing over food after re-heating
- Zero calorie dressings (walden farms at walmart, or similar)
- Ranch powder. Zero calorie ranch + ranch powder tastes pretty good
- Tahini. Tahini + water + salt + lemon juice + cumin. Makes a mayo-like sauce

Other tips

- Try stopping in a grocery store to grab a sandwich instead of a gas station. They always have better options.
- When hitting the drive-thru, get something with lots of protein (grilled chicken or fish is best) and some kind of veggie.
- Change up the order that you eat each food in your meals – eat all your veggies first, then fruit, then protein, then whatever else you want.
- Drink 8-16oz of water before you eat each meal.