



Revival Fitness

GIANT GROCERY STORE: "10-MINUTE MEAL PREP"

A man with a beard and a black beanie is performing a pull-up on a horizontal bar. He is shirtless, showing his muscular torso and arms. The background is a blurred indoor setting, possibly a gym or a warehouse.

Giant Grocery Store "10 Minute Meal Prep" Content.

Proteins	5
Veggies	6
Carbohydrates	7
Fats & Sauces	8
Dessert	9



We Are Revival Fitness.



@revivalfitnessmd



Revival Fitness MD



Click to Follow!



MEAL PREP

We commonly hear people tell us that "they don't have time to meal prep." Unfortunately, meal prep is an essential part of a healthy lifestyle. If you try to make your meals throughout the week, you will constantly fall into hunger traps!

Hunger traps are busy times throughout your day where you are unable to eat for an extended period of time. Maybe you're picking the kids up from school and then taking them straight to a 2-hour practice. Or maybe you are rushing to get to the gym directly from work.

Whatever the reason, you find yourself STARVING when you get home, and if you don't have any healthy, whole foods readily available then you will reach for the first easy thing to eat--which is often not that good for you.

So what we've done for you is compile a list of foods that require ZERO prep ahead of time. You can easily make a good, nutritious meal with these items with less than 10-minutes of prep time.

Now, fresh food (like veggies) are definitely "better" for you, but the foods you'll find in this guide are better than stealing your kids' chicken nuggets or stopping for fast food on the way home because you don't feel like making anything when you finally get home for the day.

Small steps forward are better than giving up because you can't be "perfect." You'll never reach your goals if you are always waiting for perfection!



PROTEINS

Lean Protein sources are a MUST for any diet. We've found that having at least 3 protein sources available is the best way to avoid eating the same thing over and over again throughout the week.



1. Egg Whites/Egg Substitutes-- Egg whites pack all the protein punch you need to start your morning off right. Sometimes we like to use egg substitutes as a way to "trick" our minds into thinking we are eating full eggs in the morning!



2. Lunch meats-- Lunch meats get a bad reputation due to them being "highly processed." But as we mentioned before, while not ideal, lunch meats are an EASY way to get a protein-packed lunch that requires ZERO prep beforehand.



3. Frozen Chicken-- Perdue Chicken breasts are PERFECT as a salad-topper or for some at-home fajitas! Kevin's Lemongrass chicken is a PERFECT stand-alone protein source with some veggies on the side!



VEGGIES

You should aim to have a serving of vegetables with every meal. Veggies are highly nutritious (packed with vitamins and minerals) and they are also a great low-calorie way to add some volume to your meals so that you actually feel full after you eat! This helps reduce the urge to snack throughout the day.



1. Spring Mix-- These salad mixes are the perfect way to create an easy salad for dinner (just top with chicken for a nutrient-complete meal). They can also be sauteed with your egg whites in the morning for a quick-and-easy breakfast scramble!



2. Frozen Veggie Bags-- Again, while not ideal compared to fresh veggies, these are an easy way to get some additional vegetables into your diet. Just pop in the microwave and add it to the side of your Lemongrass chicken for an easy dinner at home!



CARBS

Carbs are NOT your enemy. They are an essential fuel source for your brain and are incredibly helpful in helping you sustain lean muscle. The last thing you want on a diet is to overly restrict carbs and to start losing muscle. Sustaining lean muscle is the ONLY way to maintain or "boost" your metabolism, so it should be your highest priority!



1. Rice Cakes-- These are a perfect crunchy snack that is relatively low in carbs. We HIGHLY recommend these as a bread substitute to pair with your lunchmeats! Makes for a DELICIOUS and satisfying lunchtime meal



2. Instant Rice-- A whole package has around 80g of carbs, so these packets can be split up between 2-3 meals for most people. Brown rice is a perfect carbohydrate source to help your muscles recover with your post-workout meal.



3. Carb Balance Wraps-- These are a hidden TREASURE of a food! With ~3g of net carbs, these are a perfect way to help you maintain your Taco Tuesday tradition without straying from your diet!



FATS & SAUCES

Fats also get a bad reputation when it comes to a healthy diet. Fats are essential for hormone regulation. The trick is to NOT overeat these foods, so make sure you portion them out for your meal rather than eat them straight from the bag!

Low-Calorie & Sugar-Free sauces are a guilt-free way to spruce up any bland meal. If you HAVE to eat "boring chicken" then you should at least dip it in some sugar-free sauce in order to maintain your sanity!



1. "Everything Bagel" Cashews-- These cashews are the BOMB and are a delicious fat source. But like we said, just be careful not to overeat these bad boys!



2. Skinny Girl Dressing-- Skinny girl makes delicious low-calorie dressings that rival the best dressings out there. We recommend the Vinaigrette and the Poppyseed dressings!



3. "G Hughes" BBQ Sauce-- G. Hughes makes some of the BEST BBQ sauce out there. They are several sugar-free options and they are all delicious! We generally have 3-4 of these around the house at all times!



DESSERT

The best diet is one that you can stick to! That's why having some "healthier" dessert options is a MUST for most people. Now, we are not saying these desserts are good for you. However, they are relatively low-calorie and have a pretty large serving size making it tough to over eat these desserts, which is key!



As you can see, these Enlightened Ice Cream pints have 300-400 calories for the WHOLE CONTAINER. Again, we don't recommend you eat these every day to see the best results, but they are a PERFECT go-to when your sweet tooth is trying to derail your progress late at night! We promise that these will do the trick in satisfying your cravings. We typically eat 1/4 or 1/2 of the container which puts the total calories around 100-200! AMAZINGGG!