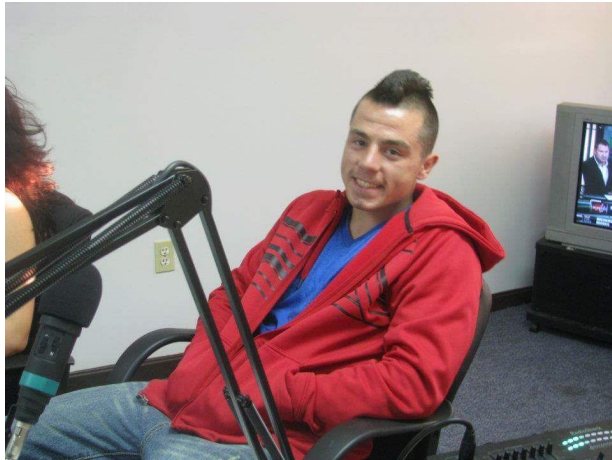


15 Super And Simple Meal Ideas To Fuel Getting Strong, Building Muscle And Feeling And Looking Your Best



One More Rep Fitness
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Hey! Bobby here, from one more rep.. I want to thank you for picking this up.

Essentially this is a quick guide to help you make nutrition easier and simpler. This isn't made to be a meal plan, I truthfully think they don't work. We pride ourselves on teaching people ongoing habits that they can do for a lifetime and get results. We work with people to build simple habits **not** extreme diets or fad detoxes.

Here's what we focus on:

- Drink more water(I would drink 16 oz when you wake up and 8-16 before each meal)
- Eat protein with each meal 1 and half palm size for women and two for men
- Consume veggies and fruit with most meals (Try to get a total of 5 a day)
- Consume healthy fats with most meals(1 tablespoon with most meals)
- Consume starchy carbs at your post workout meal(hand scoop for women or 2 for men)

... and these work great, but there's still a problem...

- What do these portions look like?
- How do I fit it into my lifestyle?
- How can I make it taste great?

This is where this guide come in by giving you, ways to make simple food taste, without complicated recipes.

Goal one: Prepare your food for the week!

One thing that makes every meal a lot easier is:

prep day. Here's how: you pre-cook your meat(crock pot works great here), cut the veggies and cook a few of your favorite healthy recipes. Your meals are ready to take on the go or you only need to spend a few minutes finishing it throughout the week.

Breakfast ideas:

Green smoothie recipe:

- 1 cup of your favorite frozen fruit(I like mango here)
- 4oz water
- 4oz juice for taste if you like or just use more water
- 1 cup spinach
- 1 cup non-fat Greek yogurt or scoop of protein powder
- 1 TBSP of flaxseed

Blend and enjoy! It has all the good stuff like protein, healthy fats, and healthy carbs.

Bobby's Protein Favorite Shake

- 1 cup milk/almond milk
- 1 scoop protein powder
- Handful of spinach
- Frozen strawberry
- 1 tbsp 100% cocoa

Frittata for the week

In a pie dish throw in:

- Scrambled eggs
- Add pre-cooked veggies
- Throw some meat, left over work great for this
- Throw some cheese on top
- Add some hot sauce
- Bake at 350 for 15-20 minutes

Each morning cut a slice of protein goodness.

Spicy Chicken Omelet

- Heat pan really well, and grease
- Drop your scrambled eggs
- Once cooked for a bit throw on some shredded chicken, cheese and pre-cooked veggies like peppers and onions

- Fold over
- Flip and throw some sriracha sauce on top
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I'm in a rush! breakfast

Just eat 1 cup of Greek yogurt(I like oikos triple zero) , 2 hard-boiled eggs (that you have in your fridge because you prepped!) grab 20 nuts and a piece fruit. You have yourself a simple breakfast. Healthy protein, fats and carbs.

Lunch ideas:

Apple and cheese salad

- Place some organic spinach in a bowl
- Dice an apple and place it into the bowl
- Add some pre-cut peppers and onions
- Add precooked protein like your prepared cooked meat
- Add a couple of ounces of your favorite cheese (I love goat cheese.)
- Add dressing if you want, but measure that out and avoid creamy dressing

Wrap or sandwich

- Use pre-cooked chicken or turkey
- Place it in a low calorie wrap
- Throw in some veggies and hot sauce (if you like it)
- Add a little cheese or avocado

You've got protein, veggies, and healthy fats on the go!

Left over lunch

Simple: Heat up what you had for dinner. This seems simple, but get in the habit of cooking extra for lunch the next day. This will save you a ton of time, especially if you're into cooking bomb dinners.

Convenient salads on the go

You know you can always go pretty much anywhere and get a salad. Ask for double protein and enjoy.

Dinner ideas:

Baked salmon

- Bake salmon throw some seasoning on top
- Heat rice that you cooked on your prep day or throw some in your rice steamer
- Throw some cut veggies like asparagus in skillet with some butter or coconut oil, with seasoning and saute for 10-14 min

This is one of my favorites.

Burrito bowl

- Cook veggie mixture-peppers, onions in oil, red pepper, cumin and chili powder
- Cook chicken, steak, or pork in the same seasoning
- Put together rice first veggies and meat on top
- I like to throw a spoon of Greek yogurt and add Sriracha sauce to finish it off
- So, bomb. But, make sure you earn this rice by working out! :)

Asian steak and roasted veggies:

- Marinade this in garlic powder, ginger powder, soy sauce, sriracha sauce, honey, sesame oil
- Cut steak into small pieces and throw that in there to sit for an hour. If you don't have time no biggie. Just throw that in a skillet and cook it up
- At the same time toss Brussels sprouts, asparagus and broccoli in olive oil, garlic powder and sea salt
- Bake for 20 minutes
- Serve together for a low carb meal that tastes awesome

Thai chicken:

Make a peanut sauce by mixing:

- Warm water 3 TBSP
- Peanut butter 2 TBSP
- Soy sauce 2 TBSP
- Sriracha sauce 1-3 TSP, or however much can you handle

Then toss your shredded or cut up chicken in the mix. Serve with veggies or serve with veggie mixture with rice if you have earned those carbs today.

Scallop dinner:

- Throw some butter in a pan
- Saute scallops for 8-10 minutes

- Pre-cook or start sweet potatoes, by cutting up thin and baking on high. I like to sprinkle on adobo.
- Serve with salad or some veggies

BONUS: 7 Simple things to eat, when you're in a rush or hungry

1. Apple with protein shake
2. 3 boiled eggs with raw carrots
3. Make banana ice cream by freezing chopped banana and blending
4. Have 20 nuts with some berries.
5. Protein shake with water
6. Beef jerky, make sure it's not too high in sugar
7. 1 cup yogurt or cottage cheese

I hope you're excited to try some of these idea out. If you have any question please feel free to reach out. Don't get overwhelmed, pick a few ones that you think you may like and commit to trying 1-2 a week. bobby1057@gmail.com

If you feel you need more structure, accountability and access to coach that care and that will help you reach your goals. Apply to my nutrition coaching program [here](#)

