

# **Deron's**

## **Easy Meal Prep Guide**

Use this guide to help plan your daily eating.

Select the foods from the following pages.

Times are just an estimate but should be followed as close as shown.

**Breakfast - Before 9 am**

**Snack 1 - Between 10-11**

**Lunch - Between 12-2**

**Snack 2 - Between 2-4**

**Dinner - Between 5-7**

Do not eat after 7 for max weight loss.



# Breakfast

## Before 9 am

Select 1 item below for max weight loss.

Select 2 items below for maintenance.



- GYF Easy Protein Meal Replacement
- 1 servings of fresh fruit
- 1 serving of oatmeal
- 2 hard boiled eggs
- 2 eggs cooked anyway you like. (Limit the oil!)
- 1 serving of Oikos Triple Zero greek yogurt
- 1 serving of nuts.
- 1 serving of cottage cheese



For Protein Recipes:

[www.GrowYoungFitness.com/recipes](http://www.GrowYoungFitness.com/recipes)

# Snack

Between 10-11 (Optional) & 2-4

Select 1 item below.



- GYF Super Food Boost
- GYF Easy Protein Meal Replacement
- 1 servings of fresh fruit
- 1 serving of cooked or raw veggies
- 1 serving of Oikos Triple Zero greek yogurt
- 1 serving of nuts.



For Super Food Recipes:

[www.GrowYoungFitness.com/recipes](http://www.GrowYoungFitness.com/recipes)

# Lunch

## Between 12-2

Select 1 item below.

- GYF Easy Protein Meal Replacement (Use Protein Recipes For Lunch)

OR

Select up to 5 ingredients from below.

- 1 cup chopped romain lettuce
- 1 cup ANY lettuce or other green leaf.
- 3-5 oz of lean meat. (Chicken, turkey, fish, pork, or etc.)
- 1/4 cup peas
- 1/4 cup carrots
- 1/4 cup broccoli
- 1/4 cup asparagus
- 1/4 cup shelled edamame
- 1/4 cup ANY vegetable - Mix it up daily
- 1 serving of ANY nut - Mix it up
- 1 chopped hard boiled egg
- 1 tbs olive or coconut oil (Yes, this counts.)

Do NOT use dressing!

For Protein Recipes:

[www.GrowYoungFitness.com/recipes](http://www.GrowYoungFitness.com/recipes)

View tips for  
preparation on next  
page.

## How to make salad easy

Have your ingredients already prepared.

- The day you buy your fresh or frozen veggies, simply make a few servings of each of your favorites all at one time and then place in a container in the fridge.

### EXAMPLE

- Make a few servings of edamame, carrots, asparagus, corn, broccoli, and etc. Then place in containers and put in the fridge so it is ready.
- Boil 3-6 eggs, peel, and place in the fridge.
- Nuts are easy. They are ready.

### TIP:

Having things ready and prepared make it easy to grab the healthy stuff!

For Supplement Recipes:

[www.GrowYoungFitness.com/recipes](http://www.GrowYoungFitness.com/recipes)

# Dinner

## Between 5-7

Select 1 item below for max weight loss.

- GYF Easy Protein Meal Replacement (Use Protein Recipes For Dinner)

OR

Select up to 4 ingredients from below.

- 3-5 oz of lean meat. (Chicken, turkey, fish, pork, or etc.)
- 1/2 cup peas
- 1/2 cup carrots
- 1/2 cup broccoli
- 1/2 cup asparagus
- 1/2 cup ANY vegetable - Mix it up daily
- 1/2 cup quinoa
- 1/2 sweet potato
- 1 serving of ANY fruit - Mix it up
- 1 tbs olive or coconut oil (Used for cooking - And yes, this counts as 1 of your 4 items!)

For Protein Recipes:

[www.GrowYoungFitness.com/recipes](http://www.GrowYoungFitness.com/recipes)