

MRTEMPO

Meal Prep & High-Protein Recipes

Simple meal ideas you can prep in advance. No complicated recipes —
real food that fits the plan.

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Stop guessing, start prepping

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High-protein starts to your day

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Normal meals, done smart

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One session, sorted for the week

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SECTION 01

Why Meal Prep Works

Meal prep isn't about eating the same boring chicken and rice out of Tupperware every day. It's about removing the guesswork so you actually stick to your calories and protein without thinking about it.

When you don't prep, here's what happens: you get home tired, you can't be bothered to cook, you order a Deliveroo, and you've just blown through 1,500 calories in one sitting. Sound familiar? Meal prep fixes that.

What Meal Prep Actually Does For You

- **Removes decision fatigue** — you already know what you're eating, so there's nothing to think about.
- **Keeps your calories consistent** — when your food is already portioned, you don't over-eat by accident.
- **Saves money** — a weekly Tesco shop and a couple hours in the kitchen costs a fraction of eating out or getting takeaway.
- **Protects your protein target** — the number one thing people miss when they wing it. Prep makes it automatic.

Tip: You don't have to prep every meal. Even just prepping lunch and having your snacks ready makes a massive difference. Start small.

The meals in this guide are all things you'd actually eat — spag bol, burgers, wraps, stir fry. Normal food from Tesco. The only difference is you're being smart about portions and making sure protein is the priority.

SECTION 02

Breakfast Ideas

Breakfast doesn't need to be complicated. The goal is simple: get some protein in early and set yourself up for the day. Here are easy options you can grab or make in under 10 minutes.

Overnight Oats with Protein

~420 kcal | 35g protein

Oats, scoop of protein powder, Greek yoghurt, splash of milk. Mix the night before, grab from the fridge in the morning. Add banana or berries if you want.

Prep time: 2 mins the night before

Scrambled Eggs on Toast

~400 kcal | 28g protein

3 eggs scrambled with a bit of butter, 2 slices of wholemeal toast. Simple, fast, high protein. Add some spinach if you want extra volume for barely any calories.

Prep time: 5 mins

Greek Yoghurt & Granola Bowl

~350 kcal | 30g protein

200g fat-free Greek yoghurt, handful of granola, drizzle of honey, mixed berries. High protein, tastes like dessert for breakfast.

Prep time: 2 mins

Protein Smoothie

~380 kcal | 32g protein

Scoop of protein, banana, handful of oats, splash of milk, ice. Blend and go. Perfect if you're not a morning eater and need something quick.

Prep time: 3 mins

SECTION 03

Lunch & Dinner Ideas

This is where most people either nail it or fall off. The key is having meals you actually look forward to eating — not plain chicken and broccoli. These are normal meals with protein prioritised and portions that keep you in a deficit.

Spaghetti Bolognese (Lean Mince)

~520 kcal | 42g protein

5% fat beef mince, tinned tomatoes, onion, garlic, Italian herbs, spaghetti. A proper classic. Use 5% fat mince to keep the calories down and the protein up. One pan job.

Batch cook: makes 4 portions easily

Chicken Burrito Bowl

~530 kcal | 45g protein

Seasoned chicken breast, microwave rice, black beans, sweetcorn, salsa, bit of cheese. All from Tesco. Feels like a Nando's but half the calories.

Prep: cook chicken in bulk, assemble fresh

Turkey Mince Stir Fry

~480 kcal | 40g protein

Turkey mince, mixed stir fry veg (Tesco bag), soy sauce, garlic, ginger, egg noodles. Done in 15 minutes. High volume, low calorie, loads of protein.

Batch cook: 3-4 portions in one go

Chicken Wrap

~430 kcal | 38g protein

Grilled chicken, large tortilla wrap, lettuce, tomato, light mayo or hot sauce. Simple lunch you can prep containers of. Swap chicken for tuna if you fancy it.

Prep: slice chicken, store separate, wrap fresh

Homemade Burger & Sweet Potato Wedges

~560 kcal | 40g protein

5% fat beef mince patty (or turkey), brioche bun, lettuce, tomato, ketchup. Sweet potato wedges in the air fryer. Feels like a cheat meal, hits your macros.

Prep: shape patties in bulk, freeze

Tuna Pasta Bake

~490 kcal | 38g protein

Tinned tuna, pasta, light cream cheese, sweetcorn, bit of cheese on top. Stick it in the oven. Cheap, simple, tonnes of protein. A student favourite that works at any age.

Batch cook: 3-4 portions

Chicken & Rice (The Simple One)

~500 kcal | 44g protein

Seasoned chicken thigh or breast, microwave rice, roasted veg. The staple for a reason. Quick, reliable, and you can change the seasoning every day — fajita, peri peri, lemon & herb, teriyaki.

Batch cook: cook 4-5 portions of chicken at once

SECTION 04

Snacks & On-The-Go

Snacks are where hidden calories creep in — or where smart choices keep your protein on track. These are easy things to keep in the fridge, your bag, or your desk at work.

Snack	Cals	Protein	Notes
Protein bar (Grenade, Barebells, etc.)	~220	20g	Keep one in your bag for emergencies
Cottage cheese + rice cakes	~180	18g	Cheap, filling, high protein
Boiled eggs (x2)	~140	14g	Prep a batch and keep in the fridge
Greek yoghurt pot (Fage, Skyr)	~100	17g	Grab from any supermarket on the go

Beef jerky (pack)	~180	22g	Best protein-to-calorie snack going
Apple + peanut butter (1 tbsp)	~200	5g	Good fats, fills you up, tastes great
Protein shake (just powder + water)	~120	25g	Fastest protein hit — keep a shaker at work

Tip: If you're struggling to hit your protein target, adding one protein shake and one high-protein snack per day gets you an extra 40-45g of protein without changing your meals.

SECTION 05

Your Weekly Meal Prep Guide

Spend about 1.5-2 hours on a Sunday and you're sorted for most of the week. Here's a simple system to follow:

1 Pick Your Meals

Choose 2 lunch options and 2 dinner options from this guide. Don't overcomplicate it — variety is nice but consistency is what gets results.

2 Do One Big Shop

Go to Tesco (or wherever) once a week. Buy everything you need for those meals, your breakfast bits, and your snacks. Having it all in the fridge removes excuses.

3 Batch Cook Your Protein

Cook all your chicken, mince, or turkey in one go. Season differently if you want variety — half fajita, half peri peri. This is the foundation of every meal.

4 Cook Your Carbs

Make a big batch of rice or pasta. Or just buy microwave rice pouches if you can't be bothered — they work just as well. No shame in the easy option.

5 Portion Into Containers

Split everything into containers. Lunch for Mon-Fri if you can. At minimum, get 3-4 days prepped. Grab and go each morning.

6 Prep Your Snacks

Boil eggs, portion out yoghurt, throw protein bars in your bag. If your snacks are ready, you won't reach for the biscuit tin at 3pm.

Your Starter Shopping List

Protein	Carbs	Extras
Chicken breast / thigh 5% beef mince Turkey mince Tinned tuna Eggs (12 box) Greek yoghurt	Rice (or microwave pouches) Spaghetti / pasta Wholemeal bread Oats Sweet potatoes Tortilla wraps	Tinned tomatoes Mixed stir fry veg Frozen veg Protein powder Protein bars Peanut butter

Tip: Frozen veg is just as good as fresh nutritionally and lasts way longer. Stock your freezer with bags of broccoli, peas, and mixed veg. Game changer for lazy prep days.

Your Meal Prep Checklist

Keep it simple. Tick these off each week and your nutrition handles itself:

- ✓ Pick 2 lunches and 2 dinners from this guide for the week
- ✓ Do one big weekly shop — buy everything in one go
- ✓ Batch cook your protein on Sunday (chicken, mince, turkey)
- ✓ Prep your carbs (rice, pasta) or grab microwave pouches
- ✓ Portion meals into containers — at least 3-4 days worth
- ✓ Keep high-protein snacks ready: yoghurt, eggs, bars, shakes
- ✓ Hit your protein target every day (2g per kg body weight)
- ✓ Stay within your calorie deficit — portion control is key

"Meal prep isn't about eating perfectly. It's about making the easy choice the right choice."

Want the full system?

Get your calorie targets, training plan, and more at mrtempofitness.com

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