

TEMPO MODE

The Tempo Meal Prep Playbook

Normal food. High protein. Done in advance.

Always Improving.

What's inside

You don't need to follow this end to end. Jump to whichever section solves your problem first.

1

Why prep works

What actually changes when you stop wing-it cooking.
The real reason most diets die at 7pm on a Tuesday.

2

The Recipes

4 breakfasts, 7 lunches and dinners. Real meals you'd actually eat. Bolognese, burgers, burritos. Not chicken and broccoli on repeat.

3

Snacks

The boring shortcut to hitting your protein target. 7 grab-and-go options ranked by protein per calorie.

4

Weekly prep guide

The 90 minute Sunday plan that sorts you for the week.
Plus a shopping list to copy and a checklist to tick.

****Prefer to watch it?*** Full plan walkthrough video here: [\[youtube.com/watch?v=zuf-T3uDgH0\]\(https://www.youtube.com/watch?v=zuf-T3uDgH0\)](https://www.youtube.com/watch?v=zuf-T3uDgH0)

Section 01: Why meal prep actually works

Meal prep isn't about Tupperware chicken and rice every day. It's about removing the decision so you stick to your calories and protein without having to think.

When you don't prep, the same thing happens every time. You get home tired, you can't be bothered to cook, you open DoorDash, and you've blown 1,500 calories before you've sat down. Four things change the day you start prepping.

No more decision

You already know what you're eating tonight. Nothing to argue with yourself about at 7pm.

Consistent calories

Food that's already portioned doesn't get over-eaten. The number stays the same without effort.

Saves money

A weekly shop plus 90 minutes of cooking is a quarter of the cost of eating out or ordering in.

Protein on autopilot

The number people miss most when they wing it. Prep makes hitting protein automatic.

You don't have to prep every meal. Even just lunch and snacks ready in the fridge fixes 80% of the problem.

Section 02: Breakfasts

Breakfast doesn't need to be complicated. Get protein in early and the rest of the day stays in control.

Overnight Oats with Protein

~420 cal | 35g protein | Prep: 2 min the night before

Oats, scoop of protein powder, Greek yogurt, splash of milk. Mix in a jar, fridge overnight, grab in the morning. Add banana or berries on the way out.

Scrambled Eggs on Toast

~400 cal | 28g protein | Prep: 5 min

3 eggs scrambled with a little butter, 2 slices of whole-wheat toast. Add a handful of spinach for extra volume at almost zero calories.

Greek Yogurt & Granola Bowl

~350 cal | 30g protein | Prep: 2 min

200g of 0% Greek yogurt (Fage in the US, Skyr or Fage in the UK), handful of granola, drizzle of honey, mixed berries. Tastes like dessert.

Protein Smoothie

~380 cal | 32g protein | Prep: 3 min

Scoop of protein, banana, handful of oats, splash of milk, ice. Blend and walk out. Perfect if you're not a morning eater.

Section 03: Lunches & dinners (1 of 2)

This is where most people either nail it or fall off. The goal is meals you'd actually choose, not a punishment plate.

Spaghetti Bolognese

~520 cal | 42g protein

Lean ground beef (93/7 in the US, 5% fat mince in the UK), canned tomatoes, onion, garlic, Italian herbs, spaghetti. One pan. Batch cooks 4 portions easily.

Chicken Burrito Bowl

~530 cal | 45g protein

Seasoned chicken breast, microwave rice, black beans, corn, salsa, a little shredded cheese. Feels like Chipotle at half the calories. Cook the chicken in bulk, build the bowl fresh.

Ground Turkey Stir Fry

~480 cal | 40g protein

Ground turkey, mixed stir fry veg (frozen or pre-cut), soy sauce, garlic, ginger, egg noodles or rice. Done in 15 minutes. Batch cooks 3-4 portions.

Chicken Wrap

~430 cal | 38g protein

Grilled chicken, large tortilla, lettuce, tomato, light mayo or hot sauce. Slice the chicken in bulk, store separately, wrap fresh in the morning so the tortilla doesn't go soggy.

Lunches & dinners (2 of 2)

Homemade Burger & Sweet Potato Fries

~560 cal | 40g protein

Lean ground beef or turkey patty, brioche bun, lettuce, tomato, ketchup. Sweet potato fries in the air fryer. Feels like a cheat meal. Isn't.

Tuna Pasta Bake

~490 cal | 38g protein

Canned tuna, pasta, light cream cheese, corn, a little cheese on top. 20 minutes in the oven. Cheap, easy, surprisingly addictive. Batch cooks 3-4 portions.

Chicken & Rice (the staple)

~500 cal | 44g protein

Seasoned chicken thigh or breast, microwave rice, roasted veg. The staple for a reason. Change the seasoning daily so you don't get bored (fajita, peri peri, lemon herb, teriyaki). Batch cook 4-5 portions of chicken at once.

Salmon & Veg Tray Bake

~520 cal | 38g protein

1 salmon fillet, mixed veg (broccoli, peppers, onion), olive oil, lemon. One pan. 200°C / 400°F for 18 minutes. Flexible enough for any night.

Section 04: Snacks

Snacks are where hidden calories sneak in. Or where they fill protein gaps. If you're constantly under your protein target, adding one shake and one snack a day gets you an extra 40-45g without changing your meals.

Snack	Cals	Protein	Notes
Protein bar (Built, Barebells, Quest, Grenade)	~220	20g	One in your bag for emergencies
Cottage cheese + rice cakes	~180	18g	Cheap, filling, hits hunger fast
2 boiled eggs	~140	14g	Boil a batch once a week, keep in the fridge
Greek yogurt pot (Fage, Chobani, Skyr)	~100	17g	Any grocery store has these
Beef jerky (1 pack)	~180	22g	Best protein-to-calorie ratio you'll find
Apple + 1 tbsp peanut butter	~200	5g	Not the highest protein but fills you up
Protein shake (powder + water)	~120	25g	Fastest protein hit. Keep a shaker at your desk.

Section 05: Your weekly prep guide

90 minutes on a Sunday and you're set for most of the week. Run the steps in order.

1

Pick your meals

Choose 2 lunch options and 2 dinner options from this guide. Don't overcomplicate. Variety is fine but consistency is what gets results.

2

Do one big shop

Go to one store (Walmart, Trader Joe's, Tesco, Aldi, whatever you like) and buy everything for the week. Removes excuses later.

3

Batch cook your protein

Cook all your chicken, ground beef, or turkey in one go. Season half one way, half another, so it doesn't taste identical Mon to Fri.

4

Cook your carbs

Make a big batch of rice or pasta. Or just buy microwave rice pouches and pasta packets, no shame in the easy option.

5

Portion into containers

Split everything into containers for Monday to Friday lunches. At minimum, prep 3-4 days. Then grab one a day and walk out.

6

Prep snacks

Boil eggs, portion out yogurt, throw protein bars in your bag. Ready snacks beat hungry decisions every time.

Your starter shopping list

This list covers a week of the meals in this guide. Costs around \$60-90 in the US, £50-70 in the UK depending where you shop.

Protein

- Chicken breast or thigh (2 lb / 1kg)
- Lean ground beef (1 lb / 500g)
- Ground turkey (1 lb / 500g)
- Canned tuna (2 cans)
- Eggs (1 dozen)
- Greek yogurt (large tub)
- Protein powder (lasts a month)

Carbs

- Rice or microwave rice pouches
- Pasta (any shape)
- Whole-wheat bread
- Oats
- Sweet potatoes
- Large tortillas
- Granola

Extras

- Canned tomatoes
- Mixed stir fry veg (frozen)
- Frozen broccoli or peas
- Black beans (1 can)
- Salsa
- Olive oil
- Soy sauce, hot sauce, peanut butter

Frozen veg is nutritionally identical to fresh and lasts a month in the freezer. Keep bags of broccoli, peas, and mixed veg in the freezer for the days you can't be bothered.

The checklist + what's next

Tick these off each week and your nutrition handles itself.

- Pick 2 lunches and 2 dinners from this guide
- Do one weekly shop. Get everything in one go.
- Batch cook your protein on Sunday
- Prep your carbs or buy microwave rice
- Portion meals into 3-5 days of containers
- Keep snacks ready: yogurt, eggs, bars, shakes
- Hit your protein number 6 days out of 7

You don't need a perfect prep week. You need a routine that survives the chaotic ones. Start with prepping lunches only. Add dinners when that feels automatic.

If you want the personalised version (your specific calorie target, a 4-week meal plan built around your week, swap suggestions for foods you don't like), that's at mrtempofitness.com.

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