Sunday Meal-Prep Checklist

Weight loss & muscle gain · ~90-minute session · pre-filled

Dishco
Alani lifestyle

WEEKLY ANCHORS

Circle 2–3 proteins · 2 carbs · 2–3 veg · 1–2 fats

Proteins

- ◉ Chicken breast or thighs
- ◉ Ground turkey / lean chicken
- ◉ Eggs + Greek yogurt / cottage
- ○ Tofu or tempeh

Carbs

- ◉ Rice or quinoa
- ◉ Potatoes / sweet potatoes
- ○ Rolled oats (breakfast)

Vegetables

- ◉ Broccoli (fresh or steam bag)
- ◉ Bell peppers or cucumbers
- ◉ Spinach / romaine / salad mix

Fats

- ◉ Extra-virgin olive oil
- ○ Avocado or nut butter

PORTION PROTEIN-FIRST

- ☐ Scoop lean protein first into containers
- ☐ Add carb scoop + generous veg
- ☐ Label lids: day + contents
- ☐ Leave a little empty space for reheating

PORTION DIAL — PROTEIN STEADY

- Fat loss (slight deficit): smaller carb scoop · measured fat · veg generous
- Lean gain (small surplus): larger carb near training · extra thumb of fats
- Maintenance / recomp hold: baseline carb + fat scoops

SUNDAY COOK BLOCKS

Tick as you go · overlap oven + stove · ~90 min ceiling

- ☑ 10 min — pick anchors + pantry check
- ☑ Shop once (one list, one trip)
- ☐ Sheet-pan protein into the oven
- ☐ Carb pot on the stove (rice / quinoa / oats)
- ☐ Veg tray roasting or steam bag ready
- ☐ Eggs boiled or yogurt portion station
- ☐ Cool food before sealing containers
- ☐ Wipe counters — kitchen closed

PANTRY CHECK + SHOP ONCE

- ☐ Cross off what's already in the fridge
- ☐ One aisle list (or generate in Dishco)
- ☐ No second "forgot cilantro" run

STORAGE CUES

- ☐ Fridge 3–5 days: cooked protein, grains, veg
- ☐ Freeze extras you won't finish by day 4
- ☐ Dressings separate from greens
- ☐ Raw proteins on a lower shelf

WEDNESDAY 10-MIN TOP-UP

- ☐ Re-chop a salad base
- ☐ Reheat / refresh a carb pot if needed
- ☐ Cook one quick protein if Sunday batch is thin

Tip: Component prep beats identical sauced trays. Leave sauces on the side. Cool before sealing. Stick this on the fridge.

Not medical advice — personalize to your goals, training, and preferences.