

Deron's Easy Meal Prep Guide

Losing weight shouldn't be complicated!



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 9:00 am

Snack 1 - Between 10:00-11:00 am

Lunch - Between 12:00-2:00 pm

Snack 2 - Between 2:00-4:00 pm

Dinner - Between 5:00-7:00 pm

Do not eat after 7 for max weight loss.



*Always consult with your physician before starting any diet, supplement, or nutrition plan. If you are feeling ill for any reason, seek immediate care.

BREAKFAST

Before 9:00 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 Supplement Recipes:
www.GrowYoungFitness.com/recipes**

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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.**



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LUNCH

Between 12:00-2:00 pm

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!

LUNCH

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's ready.**
- **Boil 3-6 eggs, peel, and place in the fridge.**
- **Nuts are easy. They are ready.**

Pro Tip:

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

DINNER

Between 5:00-7:00 pm

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!)**

GO GET ALL YOUR SUPPLEMENTS AT

www.GrowYoungShop.com



All of our supplements are proudly made in the USA

