

# Batch Prep Meal Blueprint

**1** **VEGETABLES**  
50% of plate

**2** palm size  
**PROTEIN**

**3** healthy  
**FAT**

**4** whole food  
**CARBS**

## BREAKFAST

overnight oats + cream/berries/nuts  
chia seed pudding + coconut/fruit  
roasted veggies + sausage/eggs  
rice + veggies in breakfast burrito  
frittata or egg cups  
leftovers



## LUNCH

**BATCH PREP:**  
**protein**

meat, fish, beans, lentils, hummus

**carb**

whole grain, potatoes, yams

**veggies**

chop, sauté, or roast

wrap  
skillet  
tacos  
nourish bowl  
burrito bowl  
loaded salad



## DINNER

vegetables + protein in soup or stew  
chickpea/lentil curry + rice  
broccoli + chicken + quinoa skillet  
vegetable + shrimp stir-fry + rice  
meat sauce over roasted veggies  
casserole with mushrooms + beef + rice



# Functional Nutrition Recipes 2025

**Roman Wölfel**



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*Luka Doncic Diet Cookbook* Rose J. Cravens, Are you tired of struggling to meet your fitness goals while juggling a busy schedule or feeling sluggish from meals that don't fuel your performance Frustrated by diets that leave you hungry or uninspired As an athlete or health conscious individual you deserve a nutrition plan that powers your day with energy strength and flavor The Luka Doncic Diet Cookbook is your playbook to conquer your goals with high protein clean eating meals inspired by NBA superstar Luka Doncic's 2025 transformation turning you into a legend of wellness This cookbook transforms your kitchen into a hub of performance with 80 recipes tailored for the 16:8 intermittent fasting window delivering 250g of daily protein to fuel muscle recovery and sustained energy No more bland meals or guesswork just nutrient dense Slovenian inspired dishes that make you feel unstoppable From Grilled Chicken and Rice Bowls to Whey Protein Shakes every recipe is crafted for ease variety and bold flavors Over 5 000 downloads in just 3 days Get your copy now before the price increases Why This Cookbook Makes You a Nutrition Champion Powers Your Performance High protein recipes 20-50g per serving like Turkey Stuffed Bell Peppers and Chocolate Protein Shakes fuel muscle growth and recovery mirroring Doncic's 30 pound weight loss and elite endurance Effortless Execution Simple instructions with metric measurements and meal prep staples e.g. Batch Cooked Eggs Grilled Chicken Strips ensure quick foolproof meals even on hectic days Championship Variety 80 recipes across five chapters Lunch Dinner Snacks Shakes Meal Prep Staples Supporting Resources keep your diet dynamic with lean proteins vegetables and whole grains like buckwheat Elite Extras A 7 day meal plan shopping list hydration guidelines and meal prep strategies streamline your routine while performance insights from Doncic inspire your journey Cultural Flair Slovenian inspired ingredients like dill and buckwheat add authentic flavorful depth to keep you motivated Whether you're an athlete chasing peak performance or a wellness warrior seeking clean eating success this cookbook empowers you to dominate your nutrition with confidence Say goodbye to dietary struggles and hello to vibrant powerful living Don't miss out Luka Doncic Diet Cookbook 80 High Protein Recipes for Performance and Wellness is soaring off the shelves Grab your copy today before the price goes up and start fueling like a champion [Quick And Easy Mind Diet Bonus Ebook](#) Wholesome Healthy Living Kitchen , Want to boost your brainpower improve memory and stay focused all while enjoying delicious easy to make meals This exclusive bonus eBook provides 10 handpicked MIND Diet recipes plus a simple 3 day meal plan to help you get started with brain healthy eating right away What's Inside 10 nutrient packed recipes for breakfast snacks smoothies and desserts Brain boosting ingredients like berries nuts whole grains and healthy fats Time saving meal prep tips to make eating for brain health simple A 3 Day Meal Plan to help you kickstart your MIND Diet journey Your brain health matters and the food you eat plays a crucial role in memory focus and long term cognitive function By incorporating these quick and easy MIND Diet recipes into your routine you're taking a powerful step toward a sharper healthier mind Eating well doesn't have to be complicated small consistent choices lead to big results

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