

Fitness with LBIG

Grocery - Meal Prep Guide

Your complete shopping list, storage system - meal prep blueprint — built for real results, real life.

LBIG • FAT LOSS • MUSCLE • RECOMP

Table of Contents

01 Protein List

02 Carbs

03 Healthy Fats

04 Vegetables

05 Fruits

06 Condiments

07 Spices

08 Kitchen Essentials

09 Meal Prep Guide

10 Storage Guide

11 Budget Shopping

12 Healthy Swaps

13 Restaurant Guide

Build Every Plate Around Protein

Protein is non-negotiable for muscle, recovery, and staying full. Aim for a palm-sized portion (roughly 25-40g) at every meal. Mix animal and plant sources for variety and cost control.

Lean Meat & Poultry

FOOD	PER 100G (COOKED)	NOTES
Chicken breast	~31g protein / 165 cal	The staple. Cheap, versatile, cooks fast.
Turkey breast	~29g protein / 150 cal	Great swap for variety, similar macros.
Lean beef (5% fat)	~26g protein / 175 cal	Higher iron & B12, batch-cook mince.
Lamb (lean cuts)	~25g protein / 220 cal	Great for traditional dishes, watch fat cuts.

Fish & Seafood

FOOD	PER 100G (COOKED)	NOTES
Tuna (canned in water)	~26g protein / 130 cal	Cheapest high-protein food you can buy.
Sardines	~25g protein / 210 cal	Omega-3 + calcium, budget-friendly.
White fish (hake, cod)	~23g protein / 105 cal	Very lean, cooks in under 10 min.
Shrimp	~24g protein / 120 cal	Fast-cooking, low calorie.

Eggs & Dairy

FOOD	SERVING	NOTES
Whole eggs	6g protein / egg	Best value protein source available.
Egg whites	4g protein / white	Add to whole eggs to boost protein, cut fat.
Greek yogurt	~10g protein / 100g	Great snack, pairs with fruit.
Cottage cheese	~11g protein / 100g	Slow-digesting, good before bed.
Milk / Laban	~3.4g protein / 100ml	Easy add to shakes and oats.

Plant-Based

FOOD	PER 100G (COOKED)	NOTES
Lentils	~9g protein / 116 cal	Cheap, fiber-rich, staple in the region.
Chickpeas	~8g protein / 164 cal	Versatile – soups, salads, roasted snack.
Kidney/white beans	~8-9g protein / 127 cal	Bulk-cook and freeze in portions.
Tofu	~8g protein / 76 cal	Absorbs flavor well, low calorie density.

Coach Tip: Buy protein in bulk when on sale and freeze in single-meal portions. This alone can cut your grocery bill by 20-30%.

Fuel Your Training

Carbs are your main energy source for training and recovery — not the enemy. Prioritize whole, minimally processed sources most of the time.

Grains & Starches

FOOD	PER 100G (COOKED)	NOTES
White/brown rice	~28g carbs / 130 cal	Cheap, easy to batch cook and portion.
Couscous	~23g carbs / 112 cal	Regional staple, pairs with any protein.
Oats	~66g carbs / 389 cal (dry)	Best breakfast base, high in fiber.
Whole wheat pasta	~25g carbs / 124 cal	Slower digesting than white pasta.
Quinoa	~21g carbs / 120 cal	Complete protein + carb combo.

Breads & Potatoes

FOOD	SERVING	NOTES
Whole wheat bread	~15g carbs / slice	Choose 100% whole grain when possible.
Khobz / flatbread	~35g carbs / piece	Portion control matters here.
Potatoes	~17g carbs / 100g	Underrated — high potassium, very filling.
Sweet potatoes	~20g carbs / 100g	Great pre-workout carb source.

Coach Tip: Cook a big batch of rice or potatoes once a week. Portion into containers so grabbing a meal takes zero thinking.

Don't Skip the Fats

Fats support hormones, joints, and satiety. Keep portions controlled — they're calorie dense — but never eliminate them.

FOOD	SERVING	NOTES
Olive oil	1 tbsp = 120 cal	Cook and dress with this daily.
Avocado	~15g fat / 100g	Great in salads, toast, shakes.
Almonds / walnuts	~50g fat / 100g	Portion into small bags, easy to overeat.
Peanut butter (natural)	1 tbsp = 95 cal	Check label — no added sugar/oil.
Chia / flax seeds	1 tbsp = ~55 cal	Add to oats or yogurt for omega-3.
Fatty fish (salmon, sardines)	~13g fat / 100g	Doubles as a protein source too.
Whole eggs	~5g fat / egg	Yolk carries most of the nutrients.

Coach Tip: Measure oils with a spoon, not a "glug." Liquid fats are the easiest place to accidentally double your calories.

Eat These Without Limits

Vegetables are low calorie, high volume, and packed with micronutrients and fiber. Fill half your plate with these at every meal.

Everyday Staples

- ✔ Tomatoes
- ✔ Cucumber
- ✔ Onions & garlic
- ✔ Bell peppers
- ✔ Carrots
- ✔ Zucchini / courgette
- ✔ Eggplant

Leafy & Greens

- ✔ Spinach
- ✔ Lettuce / mixed greens
- ✔ Cabbage
- ✔ Broccoli
- ✔ Green beans
- ✔ Parsley & coriander (bulk flavor, zero cost)

Coach Tip: Frozen vegetables are just as nutritious as fresh and last far longer — great for cutting food waste and cost.

Nature's Dessert

Fruit satisfies sugar cravings while delivering fiber, vitamins, and antioxidants. Aim for 2-3 servings daily.

Best Value / Year-Round

- ✓ Bananas
- ✓ Apples
- ✓ Oranges
- ✓ Dates (great pre-workout)

Higher Fiber / Lower Sugar

- ✓ Berries (fresh or frozen)
- ✓ Pears
- ✓ Watermelon (in season)
- ✓ Pomegranate

Coach Tip: Frozen berries are cheaper than fresh and perfect blended into yogurt or oats.

Flavor Without the Calorie Trap

Condiments make or break adherence. Choose the ones below to keep meals exciting without sabotaging your calories.

GO-TO	WHY
Mustard	Almost zero calories, big flavor.
Vinegar (balsamic, apple cider)	Great for dressings, very low calorie.
Hot sauce	Adds heat with negligible calories.
Lemon juice	Brightens any dish, zero calories.
Light soy sauce	Watch sodium, but low in calories.
Tahini (in moderation)	Adds richness — count it as a fat.

Watch Out: Regular mayo, ketchup, and creamy dressings can add 100-200 hidden calories per meal. Read labels or use lighter versions.

Your Free Flavor Toolkit

Spices add zero to negligible calories while transforming plain protein and carbs into something you'll actually crave.

Everyday Base

Black pepper, salt, garlic powder, onion powder, paprika

Warm & Regional

Cumin, coriander, turmeric, cinnamon, ras el hanout

Heat

Cayenne, chili flakes, harissa

Fresh Aromatics

Garlic, ginger, fresh herbs (mint, parsley, coriander)

Marinade Builders

Cumin + paprika + garlic + lemon + olive oil = instant marinade

Sweet Bakes

Cinnamon, vanilla, nutmeg
— great in oats & yogurt

Coach Tip: Keep a "protein marinade jar" pre-mixed (equal parts cumin, paprika, garlic powder, salt, pepper) so seasoning meat takes 10 seconds.

Tools That Make This Easy

You don't need a fancy kitchen. These items alone will let you prep every recipe in this guide.

Must-Haves

- ✓ Non-stick pan
- ✓ Sharp chef's knife + cutting board
- ✓ Medium pot with lid
- ✓ Baking tray
- ✓ Digital kitchen scale
- ✓ Meal prep containers (glass or BPA-free plastic)

Nice to Have

- ✓ Rice cooker
- ✓ Blender (shakes, sauces)
- ✓ Air fryer
- ✓ Measuring cups/spoons
- ✓ Vacuum-seal bags (freezer storage)

Coach Tip: A digital scale is the single highest-ROI kitchen tool for anyone tracking macros — accurate, cheap, and reusable forever.

The Weekly System

Meal prep isn't about eating the same boring food all week — it's about removing decision fatigue so you stay consistent.

The 4-Step Process

STEP	WHAT TO DO
1. Plan	Pick 2 proteins, 2 carbs, 2 veg for the week. Keep it simple.
2. Shop	Buy exactly what your plan needs — use this guide's lists.
3. Batch Cook	Cook all protein and carbs in one 60-90 min session.
4. Portion	Split into containers by meal, label with day if freezing.

Sample Prep Day (2 hours, 5 days of food)

TIME	TASK
0:00-0:15	Season and oven-roast 1.5kg chicken breast + trays of vegetables
0:15-0:40	Cook large batch of rice or potatoes while chicken roasts
0:40-1:00	Boil 8-10 eggs for snacks/breakfast
1:00-1:30	Chop raw veg/fruit for the week, store in containers
1:30-2:00	Portion everything into meal containers, label & fridge/freeze

Coach Tip: Cook proteins plain (just salt/pepper), then split into 2-3 different spice profiles when portioning. Same base, different meals — no boredom.

Keep It Fresh, Waste Nothing

Proper storage protects your food budget and your health. Use these timelines as a safe reference.

FOOD	FRIDGE	FREEZER
Cooked chicken/meat	3-4 days	2-3 months
Cooked fish	2-3 days	1-2 months
Cooked rice/pasta	4-5 days	1-2 months
Cooked beans/lentils	5-6 days	2-3 months
Boiled eggs (shell on)	7 days	Not recommended
Chopped raw vegetables	3-5 days	—
Fresh fruit (cut)	2-3 days	—

Storage Rules

- ✔ Cool cooked food before sealing containers — traps less moisture.
- ✔ Store proteins and carbs separately if freezing to reheat evenly.
- ✔ Label containers with the date — "first in, first out."
- ✔ Keep raw meat on the lowest fridge shelf to avoid cross-contamination.

Eat Well Without Overspending

Eating for your goals doesn't require a big budget. It requires a system.

Rules to Shop By

- ✔ Shop with a list built from this guide — never shop hungry.
- ✔ Buy protein in bulk when discounted, freeze in meal-size portions.
- ✔ Choose seasonal fruit and vegetables — cheaper and fresher.
- ✔ Canned tuna, eggs, lentils, and frozen veg are your cost-per-gram champions.
- ✔ Cook from scratch — pre-made "diet" food is a marked-up trap.
- ✔ Buy grains (rice, oats, couscous) in large bags — price drops significantly per kg.

Cheapest High-Value Foods

FOOD	WHY IT'S A BARGAIN
Eggs	Complete protein, extremely cheap per gram of protein.
Lentils & beans	High fiber + protein, very low cost.
Frozen vegetables	Same nutrition as fresh, no waste, long shelf life.
Canned tuna	Shelf-stable, high protein, minimal prep.
Oats	Cheap per serving, very filling.
Bananas	Low cost per calorie, great pre/post workout.

Same Cravings, Better Numbers

Small swaps compound into big results without feeling like you're "on a diet."

Fried chicken	→ Oven-baked or air-fried chicken
White bread	→ Whole wheat bread
Soda	→ Sparkling water + lemon
Regular mayo	→ Light mayo or Greek yogurt-based sauce
Sugary cereal	→ Oats with fruit and cinnamon
Cream-based sauces	→ Tomato-based or yogurt-based sauces
Chips	→ Roasted chickpeas or air-popped popcorn
Butter for cooking	→ Measured olive oil
Flavored yogurt	→ Plain Greek yogurt + fresh fruit
Juice	→ Whole fruit

Coach Tip: Don't swap everything at once. Pick 2-3 swaps this week, lock them in, then add more.

Stay On Track Eating Out

Social life matters. You don't have to skip restaurants — just order smart.

Order This, Not That

INSTEAD OF	ORDER
Fried dishes	Grilled protein (chicken, fish, kebab)
Creamy pasta	Tomato-based or plain grilled pasta
Large fries side	Salad or extra grilled vegetables
Sugary drinks	Water, sparkling water, or unsweetened tea
Full-size dessert	Split one, or skip and have fruit at home

Rules for Any Restaurant

- ✓ Ask for sauces and dressings on the side.
- ✓ Start with a protein-forward main, not bread.
- ✓ Don't arrive starving — have a small protein snack beforehand.
- ✓ One meal out won't ruin progress — consistency over the week is what counts.

Coach Tip: Grilled meat + a salad or vegetable side is almost always available, anywhere, and fits any goal.