

Weekly Meal Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast Batch Prep Savory Egg Muffins Lunch Batch Prep Chicken & Veggie Stir-Fry Dinner Herbed Lemon Chicken with Roasted Vegetables	Breakfast Batch Prep Savory Egg Muffins Lunch Batch Prep Chicken & Veggie Stir-Fry Dinner Herbed Lemon Chicken with Roasted Vegetables	Breakfast Batch Prep Savory Egg Muffins Lunch Batch Prep Chicken & Veggie Stir-Fry Dinner Herbed Lemon Chicken with Roasted Vegetables	Breakfast Batch Prepped Savory Breakfast Egg Muffins Lunch Batch Prep Quinoa and Veggie Chickpea Salad Dinner Batch Prep Chicken and Vegetables Stir-Fry	Breakfast Batch Prepped Savory Breakfast Egg Muffins Lunch Batch Prep Quinoa and Veggie Chickpea Salad Dinner Batch Prep Chicken and Vegetables Stir-Fry	Breakfast Batch Prepped Savory Breakfast Egg Muffins Lunch Batch Prep Quinoa and Veggie Chickpea Salad Dinner Batch Prep Chicken and Vegetables Stir-Fry

This is your assembly guide. Cook the meals in the Prep Sessions below, then enjoy them on the days scheduled here.

Prep Session 1 (Sunday)

100 minutes total

Batch Recipe 1: Batch Prep Savory Egg Muffins

Breakfast | Yields 3 servings | For meals on: Monday, Tuesday, Wednesday

Prep: 10m | Cook: 20m | Total: 30m

Ingredients (Batch Size)

- 12 large eggs
- 150g cooked spinach (squeezed dry)
- 150g cooked diced sweet potatoes
- 1 small onion, diced
- 2 cloves garlic, minced
- Salt and pepper to taste
- 1 tbsp olive oil

Batch Cooking Instructions

1. Preheat oven to 180°C (350°F).
2. In a skillet, heat olive oil and sauté diced onion and garlic until translucent.
3. Add cooked spinach and diced sweet potatoes to the skillet, cook for 2-3 minutes.
4. In a large bowl, whisk eggs with salt and pepper.
5. Mix sautéed vegetables into the eggs.
6. Pour the mixture into a greased muffin tin, filling each cup about ¾ full.
7. Bake in the preheated oven for 15-20 minutes until eggs are set.
8. Let cool slightly before removing from muffin tin.

Storage

- Allow the egg muffins to cool completely.
- Store in an airtight container in the refrigerator for up to 4 days.

Reheating

- Reheat in the microwave for 30-45 seconds until warmed through.

Nutritional Information (Per Serving)

Calories	660
Protein (g)	42
Carb (g)	36
Fat (g)	42
Fiber (g)	9
Sat. Fat (g)	9
Sodium (mg)	480
Total Sugars (g)	6
Added Sugars (g)	0

Batch Recipe 2: Batch Prep Chicken & Veggie Stir-Fry

Lunch | Yields 3 servings | For meals on: Monday, Tuesday, Wednesday

Prep: 15m | Cook: 20m | Total: 35m

Ingredients (Batch Size)

- 300g boneless, skinless chicken breast, sliced
- 3 tablespoons soy sauce (gluten-free if needed)
- 2 tablespoons olive oil
- 200g mixed bell peppers, sliced
- 100g snap peas
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 teaspoon grated ginger

Batch Cooking Instructions

1. Season the chicken slices with 1 tablespoon of soy sauce and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat.
3. Add the chicken slices and cook until browned and cooked through, about 5-7 minutes. Remove from pan and set aside.
4. In the same pan, add the remaining 1 tablespoon of olive oil.
5. Add the onion, garlic, and ginger; cook until fragrant, about 2 minutes.
6. Add the bell peppers and snap peas; stir-fry for about 5-7 minutes until vegetables are tender-crisp.
7. Return the cooked chicken to the pan, pour in the remaining soy sauce, and stir to combine.
8. Cook for another 2-3 minutes to heat through.
9. Divide into 3 portions for batch prep.

Storage

- Let the stir-fry cool to room temperature.
- Store in airtight containers in the refrigerator for up to 3 days.

Reheating

- Reheat in a microwave or stovetop until steaming hot, about 2-3 minutes in the microwave.

Nutritional Information (Per Serving)

Calories	750
Protein (g)	90
Carb (g)	45
Fat (g)	24
Fiber (g)	12
Sat. Fat (g)	3
Sodium (mg)	1800
Total Sugars (g)	6
Added Sugars (g)	0

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Batch Recipe 3: Herbed Lemon Chicken with Roasted Vegetables

Dinner | 🍴 Yields 3 servings | For meals on: Monday, Tuesday, Wednesday

🕒 Prep: 15m | Cook: 20m | Total: 35m

Ingredients (Batch Size)

- 600g chicken thighs, boneless and skinless
- 2 lemons, juiced and zested
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp dried oregano
- 1 red bell pepper, sliced
- 2 zucchinis, sliced
- 200g cherry tomatoes
- Salt and pepper to taste

Batch Cooking Instructions

1. Preheat oven to 200°C (390°F).
2. In a bowl, mix lemon juice, lemon zest, minced garlic, olive oil, thyme, rosemary, oregano, salt, and pepper.
3. Add chicken thighs to marinade, coat well, and let sit for 5 minutes.
4. Arrange marinated chicken and vegetables on a baking sheet.
5. Bake in the oven for 20 minutes or until chicken is cooked through and vegetables are roasted.
6. Divide into containers for batch storage.

Storage

- Allow the cooked chicken and vegetables to cool.
- Store in airtight containers in the refrigerator for up to 3 days.

Reheating

- Reheat in the microwave or oven until steaming hot.

Nutritional Information (Per Serving)

Calories	1245
Protein (g)	105
Carb (g)	60
Fat (g)	60
Fiber (g)	15
Sat. Fat (g)	9
Sodium (mg)	1800
Total Sugars (g)	15
Added Sugars (g)	0

Prep Session 2 (Wednesday)

 105 minutes total

Batch Recipe 4: Batch Prepped Savory Breakfast Egg Muffins

Breakfast |  Yields 3 servings | For meals on: Thursday, Friday, Saturday

 Prep: 10m | Cook: 20m | Total: 30m

Ingredients (Batch Size)

- 6 large eggs
- 200g cooked chicken breast, shredded
- 100g spinach, chopped
- 50g red bell pepper, diced
- 30ml olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon dried oregano

Batch Cooking Instructions

1. Preheat oven to 180°C (356°F).
2. In a large bowl, whisk the eggs until well combined.
3. Add shredded chicken, chopped spinach, diced red bell pepper, salt, pepper, and oregano to the eggs. Mix well.
4. Grease a muffin tin with 15ml olive oil or use silicone muffin molds.
5. Distribute the mixture evenly into 6 muffin cups.
6. Bake in the preheated oven for 20 minutes or until eggs are set and slightly golden on top.

Storage

- Allow the egg muffins to cool completely.
- Store in an airtight container in the refrigerator for up to 4 days.
- For longer storage, freeze the muffins and reheat as needed.

Reheating

- Reheat in the microwave for 30-40 seconds or until warmed through.

Nutritional Information (Per Serving)

Calories	210
Protein (g)	17
Carb (g)	4
Fat (g)	14
Fiber (g)	1
Sat. Fat (g)	3
Sodium (mg)	320
Total Sugars (g)	0
Added Sugars (g)	0

Batch Recipe 5: Batch Prep Quinoa and Veggie Chickpea Salad

Lunch |  Yields 3 servings | For meals on: Thursday, Friday, Saturday

 Prep: 15m | Cook: 20m | Total: 35m

Ingredients (Batch Size)

- 200 g quinoa
- 1 can (400 g) chickpeas, drained and rinsed
- 1 red bell pepper, diced
- 1 cucumber, diced
- 150 g cherry tomatoes, halved
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste

Batch Cooking Instructions

1. Cook the quinoa according to package instructions (about 15 minutes).
2. In a large mixing bowl, combine the cooked quinoa, chickpeas, diced red bell pepper, cucumber, and cherry tomatoes.
3. In a small bowl, whisk together olive oil, lemon juice, dried oregano, salt, and pepper.
4. Pour the dressing over the quinoa and vegetables, mixing thoroughly.
5. Divide into meal prep containers for easy grab-and-go lunches.

Storage

- Store the salad in airtight containers in the refrigerator for up to 3 days.
- Stir well before eating, and add extra lemon juice or olive oil if needed.

Reheating

- No reheating needed. Serve cold directly from the fridge.

Nutritional Information (Per Serving)

Calories	480
Protein (g)	15
Carb (g)	65
Fat (g)	14
Fiber (g)	12
Sat. Fat (g)	2
Sodium (mg)	300
Total Sugars (g)	8
Added Sugars (g)	0

Batch Recipe 6: Batch Prep Chicken and Vegetables Stir-Fry

Dinner | 🍴 Yields 3 servings | For meals on: Thursday, Friday, Saturday

🕒 Prep: 15m | Cook: 25m | Total: 40m

Ingredients (Batch Size)

- 400g chicken breast, sliced
- 200g bell peppers, sliced
- 200g zucchini, sliced
- 150g snap peas
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp soy sauce (gluten-free)
- 1 tsp ginger, grated

Batch Cooking Instructions

1. Heat 1 tbsp olive oil in a large skillet or wok over medium-high heat.
2. Add sliced chicken and cook until browned and cooked through, about 7-8 minutes.
3. Remove chicken and set aside.
4. In the same skillet, add another 1 tbsp olive oil.
5. Add garlic and ginger; sauté until fragrant, about 1 minute.
6. Add bell peppers, zucchini, and snap peas. Stir-fry for 8-10 minutes until vegetables are tender but crisp.
7. Return cooked chicken to the skillet.
8. Add soy sauce and stir well to combine.
9. Cook for an additional 2 minutes to heat everything through.

Storage

- Allow the stir-fry to cool to room temperature.
- Divide into three airtight containers.
- Store in the refrigerator for up to 3 days.

Reheating

- Reheat in a microwave or skillet until heated through, about 2-3 minutes in microwave or 5 minutes in skillet.

Nutritional Information (Per Serving)

Calories	420
Protein (g)	45
Carb (g)	30
Fat (g)	12
Fiber (g)	8
Sat. Fat (g)	2
Sodium (mg)	600
Total Sugars (g)	6
Added Sugars (g)	0