



McMASTER
ATHLETICS & RECREATION

DAVID BRALEY SPORT MEDICINE AND REHABILITATION CENTRE



QUICK PREP FOOD IDEAS

PROTEIN FOODS

Quick Prep:

- Greek yogurt
- Eggs (scrambled or fried)
- Pre-cooked meat protein (sliced turkey, chicken strips, etc.)
- Canned tuna or salmon
- Cheese (hard cheeses, cottage cheese)
- Milk (cow's milk or fortified soy milk)
- Canned legumes (chickpeas, lentils, black beans, kidney beans)
- Prepared soups and stews with meat protein and/or legumes
- Frozen and shelled edamame (steam in microwave with a few drops of water)
- Nuts, seeds, nut butters

Batch Prep:

- Chicken (drizzle with olive oil, sprinkle with salt and pepper, bake at 450F for 20 mins)
- Fish (drizzle with olive oil, sprinkle with salt and pepper, bake at 450F for 8-10 mins)
- Ground meat (heat olive oil over medium-high heat in a frying pan, add ground meat and sauté until cooked through)
- Eggs (hard-boiled, keep in the fridge for up to one week)
- Tofu (cut into cubes, heat olive oil over medium-high heat in a frying pan, brown all sides)

CARBOHYDRATE FOODS

Quick Prep:

- Whole grain bread, tortillas, or pita (keep in fridge or freezer)
- Whole grain crackers or rice crackers
- High fibre cereal
- Regular or sweet potatoes (wash, prick skin with a fork several times, microwave on high for 5 mins, flip over and cook for another 5 mins)

Batch Prep:

- Grains (rice, quinoa, pasta, etc.)
- Oats (overnight oats)
- Regular or sweet potatoes (wash, chop into circles, drizzle with olive oil, and sprinkle with salt and pepper, bake at 400F for 20 mins, flip and bake for another 8-10 mins)

VEGETABLES AND FRUIT

Quick Prep:

- Pre-washed greens
- Baby carrots
- Cherry tomatoes
- Vegetable-based soups
- Canned vegetables and fruit
- Frozen vegetables and fruit
- Unsweetened dried fruit (apricots, raisins, etc.)
- Fresh fruit (bananas, apples, etc.)

Batch Prep:

- Chop a variety of fresh vegetables (red pepper, carrots, cucumber, etc.)
- Broccoli or cauliflower (bake at 400F for 15-20 mins)