

## Fast & Easy Workday Meal Prep

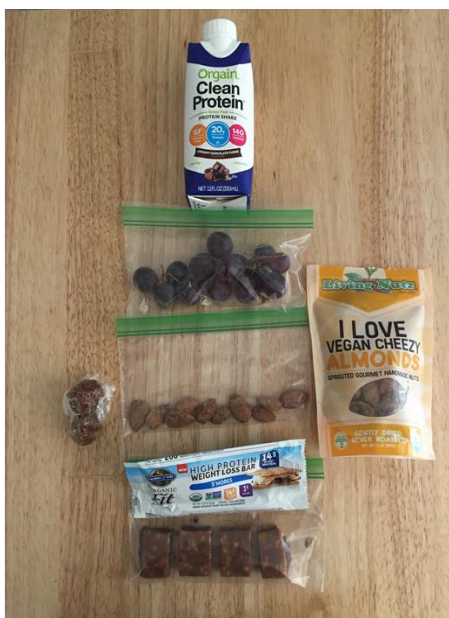
No time for full meals at work? Stock up on the following ingredients, portion them out and make an endless variety of mini meals and snacks for your busy days!

### Step 1: Stock Up & Portion Out

- Orgain Clean Protein Shake
- Koia Plant-Powered Nutrition Shake
- Orgain Protein Bar (cut into 4ths)
- Garden of Life Weight Loss Bar (cut into 4ths)
- Baby tomatoes and carrot sticks (1 cup or more)
- Natural Sea Solid White Albacore Tuna (1 pack)
- Hard Boiled Egg (1)
- Living Nutz Vegan Cheezy Almonds (10 almonds)
- Living Nutz Divine Chocolate Walnuts (6 walnuts)
- Raw Walnuts + Unsweetened Dried Apricots (1/2 cup of this mixture)
- Cruncha Ma Me Dried Edamame (1 pack)
- Mary's Gone Crackers (10 crackers)
- Garden of Life Chocolate Protein (1 individual pack + mason jar for mixing with water)
- Energy Balls (2)

### Step 2: Mix & Match!

Each combo below leaves enough room in the day for a balanced meal at home so you can come home to a real-food dinner. If you work night shifts, simply have a well balanced breakfast instead!



700 calories



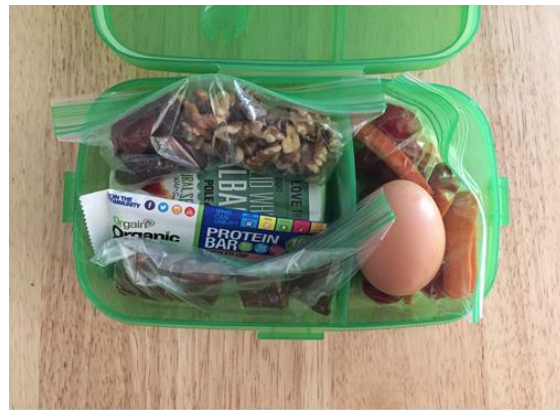
600 calories



740 calories



**500 calories**



**650 calories**



**750 calories**



**770 calories**



**Whether you have a lunchbox, a Bento box, a shopping bag or scrubs, use what you have to prepare yourself for success!**