

BASEBALL MEAL PREP FOR PARENTS

On The Go Meals For Sports Families. Two Hours On Sunday, No Cooking On Game Night.

The Job

You are not cooking dinner at 9 pm after a doubleheader. You are stocking a fridge on Sunday so the player can feed himself all week, and packing a bag on game day so nobody eats at the concession stand.

The player's page has the calculators. This sheet is your half: the shopping, the Sunday, the bag.

Easy Dinners For Baseball Nights, The Five Templates

Template	Appliance	Time
Rice cooker burrito bowls	Rice cooker	Rice on, walk away, 25 min
Chicken thighs and potatoes	Air fryer	22 min, no pan to scrub
Beef chili, five servings	Pressure cooker	One pot, 40 min while the others run
Overnight oats	None	Five jars, five minutes
Egg and potato breakfast cups	Oven	One tray, 25 min

Swap any protein, swap any carb, keep the appliance. All five survive four days in the fridge and reheat in about three minutes.

The Two Hour Sunday

Clock	What
0:00	Rice on. Chili in the pressure cooker. Air fryer preheating.
0:15	First batch of chicken thighs and potatoes in.
0:40	Second batch in. Oats into five jars.
1:05	Egg cups in the oven. Rice portioned by the scale.
1:30	Chili out. Ten containers, a marker on the lid.
2:00	Fridge stacked. Two containers into the cooler bag for tomorrow.

Game Day: The 4-2-1 Clock

Before first pitch	What
4 hours	A full container. Rice, a protein he has eaten a hundred times.
2 hours	Half a container or a peanut butter sandwich.
1 hour	A banana or a honey packet. Nothing solid after this.
Between games	A container from the bag in the first twenty minutes after the last out.

What should my son eat before a game? The same thing he ate on Tuesday. There is no special pregame meal. The fridge from Sunday is the pregame meal.

The Bag, Packed The Night Before

1. Two containers for a doubleheader, one for a single game, in a soft cooler with an ice pack.
2. A peanut butter sandwich and a banana for the dugout.

- 3. Two honey packets for the late innings.**
- 4. The jug, filled, plus the electrolyte packets from the hydration page.**
- 5. A fork and a napkin. The container nobody can open is the one that comes home full.**

Youth Players

Same templates, smaller portions, same clock. For a 10 to 13 year old the whole job is one cooked protein and one carb in the fridge at all times. No macro spreadsheet, no supplements, no protein powder. Food and water.

The Rules. Non-Negotiable.

- 1. Sunday, same time, every week. The habit is a calendar entry.**
- 2. Four days in the fridge, then freeze it or throw it out.**
- 3. Nothing new on game day.**
- 4. The bag goes to every game. Food between games is part of the lineup.**
- 5. Concession stand is a treat, not the plan.**

The Bottom Line

The families that do this are not better cooks. They own a rice cooker and they cook on Sunday. The full page, the calorie calculator and the grocery list are at uncommittedu.com/meal-prep.

[Uncommitted University | Complete Player Development](#) | Not medical advice. Talk to a doctor, athletic trainer or registered dietitian before changing how a player eats.