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.

Six Meals That Move the Scale

Meal	Appliance	Makes
Dugout Bag Biscuits (breakfast)	Oven, sheet pans	80 biscuits, 16 breakfasts, freezer
60 Second Freezer Burritos (breakfast)	Skillet	17 burritos, freezer
73 Gram Mac and Cheese (lunch)	Oven, blender, big pot	5 containers
The Doubleheader Burrito Bowl (lunch)	Rice cooker, oven, air fryer	5 containers
Penne That Puts On Pounds (dinner)	Big pot, baking dish	5 containers
Scale Mover BBQ Meatballs (dinner)	Rice cooker, oven, skillet	5 containers

Every one is built on a Josh Cortis recipe from The Meal Prep Manual and rebuilt for a player who needs more calories: 80/20 beef, chicken thighs, a protein tortilla. His video plays on every card at uncommittedu.com/meal-prep. The amounts, the method and the numbers are ours.

The Sunday Cook

Clock	What
0:00	Rice cooker on. Oven to 425F. Penne sauce browning in the big pot.
0:20	Chicken thighs marinated, onto a foil sheet pan, into the oven. Potatoes diced.
0:50	Biscuit beef browned, peppers and onions softened, cooling in one bowl.
1:05	Penne boiled, layered with the sauce and ricotta, baking 30 minutes at 400F.
1:20	Biscuit dough mixed, scooped onto pans, baked in rounds at 375F.
1:50	Bowls built: rice and beans, potatoes, peppers, chicken, salsa cups.
2:20	Penne cut, biscuits cooling, lids off everything.
2:45	Lids on, dated. Three breakfasts, three lunches, three dinners into the freezer now. The rest in the fridge.

That clock runs one breakfast, one lunch and one dinner from the six on the page: Dugout Bag Biscuits, The Doubleheader Burrito Bowl, Penne That Puts On Pounds. Swap any of the six in, the order holds. About three hours the first time, closer to two once it is habit.

The freeze rule. Four days in the fridge, eat it or freeze it. One cook on Sunday feeds Sunday to Wednesday from the fridge and Thursday to Saturday from the freezer. Pull tomorrow's three containers into the fridge each morning from Wednesday on. One phone alarm, 7 am, "pull tomorrow". Cooking twice, Sunday and Thursday, means nothing gets frozen.

Game Day

Game day food, before, between and after, moved to the bag builder at uncommittedu.com/recovery. Pick the day, get the bag and the clock.

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 meals, 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.