

BASEBALL MEAL PREP 101

Two Hours On Sunday. Ten Containers. The Whole Week Handled.

What Is Actually Happening

You cannot out-train an empty fridge.

Most players who "eat a lot" are eating about 2,400 calories and wondering why the scale has not moved since March. The fix is not willpower at 9 pm. It is a container already sitting in the fridge, so the right choice is the easy one.

Your Numbers, Once

Run the calorie and protein calculator on the meal prep page one time. It sizes the week to your weight, your practice load and your goal: put on weight, hold, or lean out. Write the two numbers on this sheet.

Calories a day	Protein a day	Meals a day
_____	_____ g	4

The 3-3-3 Rule

Three proteins, three carbs, three vegetables, cooked once and mixed all week. Pick from this list, or use your own. The rule is the shape, not the food.

Proteins	Carbs	Vegetables
Chicken thighs	Rice	Frozen mixed vegetables
Ground beef or chili	Potatoes	Broccoli
Eggs	Oats	Peppers and onions

The Four Appliances

- 1. Rice cooker.** Two cups dry, walk away, done. Every bowl this week starts here.
- 2. Air fryer.** Chicken thighs and potatoes in 22 minutes, no oil bath, no pan to scrub.
- 3. Pressure cooker.** Beef chili, five servings, one pot, while the other two run.
- 4. Kitchen scale.** The only way "a serving" means the same thing on Sunday and Thursday.

The Two Hour Sunday

Clock	What
0:00	Rice on. Chili in the pressure cooker. Oven or air fryer preheating.
0:15	First batch of chicken thighs and potatoes in the air fryer.
0:40	Second batch in. Overnight oats into five jars.
1:05	Egg and potato cups in the oven. Rice out, portioned by the scale.
1:30	Chili out. Everything into containers, label with a marker.
2:00	Fridge stacked. Two containers into the cooler bag for tomorrow.

Game Day Eating: The 4-2-1 Rule

When	What	Why
------	------	-----

4 hours before first pitch	A full container	Rice and a protein you have eaten a hundred times
2 hours before	Half a container or a sandwich	Top off, nothing heavy
1 hour before	A banana or a honey packet	Light carbs, easy on the stomach
Between games	A container from the bag, first 20 minutes after the last out	The concession stand is not the plan

The Rules. Non-Negotiable.

- 1. Cook once a week, on the same day, at the same time. A meal prep habit is a calendar entry, not a mood.**
- 2. Four days in the fridge, then it goes. Freeze anything you will not eat by Thursday.**
- 3. Nothing new on game day. Game day is the worst day to experiment.**
- 4. Weigh the rice, not the vibe. The scale is the whole reason the numbers work.**
- 5. The cooler bag goes to the field every game. Food between games is part of the lineup.**

The Bottom Line

Any player can cook two hours a week. The ones who get bigger, faster and still play in the second game of a doubleheader are the ones who did it every Sunday. The full page, the calculators 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 you eat.