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	Spinach
80/20 ground beef	Russet potatoes	Peppers and onions
Eggs and cottage cheese	Penne or macaroni	Frozen cauliflower, pinto beans

The Four Appliances

1. **Rice cooker. Two cups dry, walk away, done. Every bowl this week starts here.**
2. **Sheet pans and the oven. Four of the six meals on the page roast on a foil sheet pan. Two pans, no scrubbing.**
3. **Air fryer. Potatoes in 15 minutes while the oven is full. The one appliance that makes day four food taste like day one.**
4. **Kitchen scale. The only way "a serving" means the same thing on Sunday and Thursday.**

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 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.