

FREE GUIDE FROM NOCHEFAI

The 1-Hour High-Protein Meal Prep

One hour on Sunday. Five lunches with about 46 g of protein each.

SUNDAY, 60 MINUTES

Your game plan

One oven, one pot, two sauces. Everything below makes 5 lunches.

1 **0:00**

Oven on, rice on

Heat the oven to 220°C / 425°F. Rinse 1½ cups (280 g) rice and start it.

2 **0:05**

Season the chicken

1 kg chicken breast (about 5), paprika, garlic powder, salt, olive oil.

3 **0:10**

Both trays in

Chicken on the top shelf. Broccoli, peppers and sweet potato below.

4 **0:15**

Make two sauces

Garlic yogurt (Greek yogurt, garlic, lemon, dill). Green herb (parsley, olive oil, lemon, garlic).

5 **0:35**

Check and rest

Chicken is done at 74°C / 165°F inside. Rest 5 minutes, then slice.

6 **0:45**

Pack 5 boxes

About 150 g chicken, rice and veg per box. Sauces in small pots.

7 **1:00**

Into the fridge

Done. Pick a bowl from the next pages each day.

PART ONE

Same box, new bowl



01

5 min

Lemon herb chicken bowl

INGREDIENTS

- 1 prep box (chicken, rice, veg)
- 1 tsp dried oregano
- 1/2 lemon, squeezed
- 2 tbsp garlic yogurt sauce

METHOD

Toss the sliced chicken in lemon and oregano, then add the sauce just before eating.



02

5 min

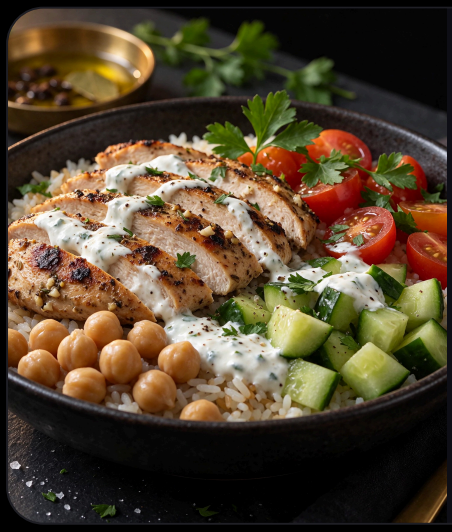
Sticky soy-ginger bowl

INGREDIENTS

- 1 prep box (chicken, rice, veg)
- 1 tsp honey + 1 tsp ginger
- 1 tbsp halal soy sauce
- Spring onion and sesame

METHOD

Warm soy, honey and ginger for 1 min, toss the chicken through, top with onion and sesame.



03

5 min

Mediterranean chickpea bowl

INGREDIENTS

- 1 prep box (chicken, rice)
- 1/2 cucumber + 6 cherry tomatoes
- 1/2 cup (80 g) chickpeas
- 2 tbsp garlic yogurt sauce

METHOD

Swap the veg for cucumber, tomato and chickpeas, then drizzle the yogurt sauce.

PART TWO

Spice it up



04

5 min

Sambal chicken bowl

INGREDIENTS

- 1 prep box (chicken, rice)
- 1 hard-boiled egg
- 1 tbsp halal sambal
- Cucumber + 1 tbsp roasted peanuts

METHOD

Toss the chicken in sambal, add the halved egg, cucumber and peanuts.



05

5 min

Chicken burrito bowl

INGREDIENTS

- 1 prep box (chicken, rice)
- 1/4 cup corn + 2 tbsp salsa
- 1/2 cup (85 g) black beans
- 1/4 avocado and a lime wedge

METHOD

Warm the chicken with a pinch of cumin, pile on beans, corn, salsa and avocado.

Halal tip: some soy sauces and sambals contain alcohol or non-halal ingredients. Choose halal-certified brands.

KEEP IT FRESH

5 rules for safe prep

1

Cool it fast

Get cooked food into the fridge within 2 hours.

2

Eat within 4 days

Cooked chicken keeps 3 to 4 days in the fridge (USDA).

3

Freeze boxes 4 and 5

Freeze the last two lunches and thaw them in the fridge overnight.

4

Sauce on the side

Rice and veg stay fresh and never go soggy.

5

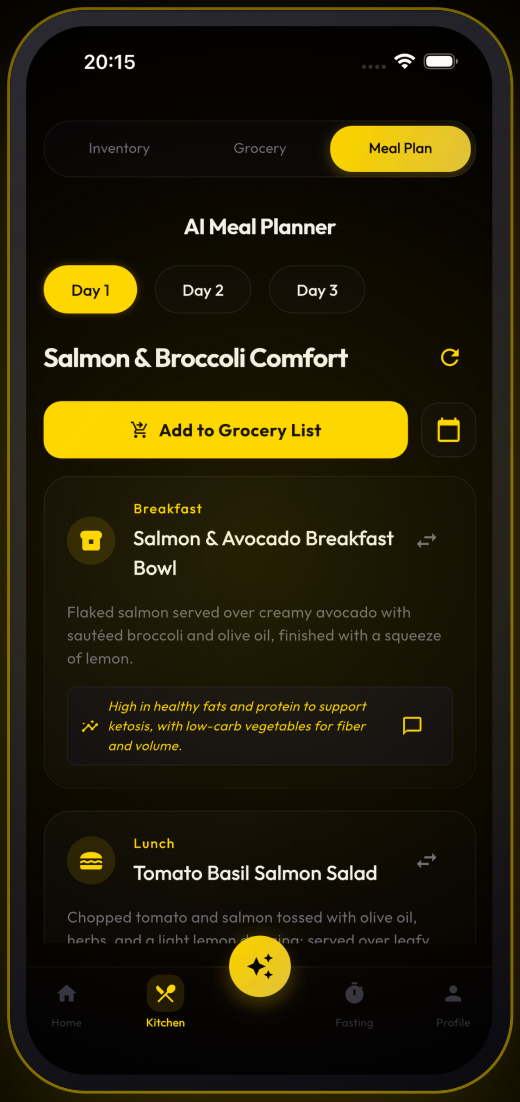
Reheat until steaming

Heat leftovers to 74°C / 165°F all the way through.

NEXT SUNDAY

Let AI plan next week.

NoChefAI builds a meal plan around your protein goal, writes the grocery list and tracks your macros, free.



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