

3 Weeks of Meals in Under 3 Hours.

The Costco Meal Prep System for Hockey Athletes

High Protein

Freezer Ready

Budget Friendly

No Thinking Required

WHY THIS WORKS

Most meal prep fails because it requires too many decisions.

This system removes every decision except one:

Do you want to eat?

One Costco trip. One cook session on Sunday.

Portioned, stacked, and ready to go.

Your only job mid-week is moving a container from the freezer to the fridge.

No measuring mid-week. No excuses.

YOUR COSTCO SHOPPING LIST

Protein:	1x 3kg Kirkland ground turkey tube (yields exactly 15 portions at 150g cooked)
Carbs:	1x 2kg bag quinoa (use 600g dry, leaves ~1.4kg for your next 2 batches)
Veg:	2x 2kg bags Kirkland stir fry veg (save 1.75kg leftover in the freezer for next batch)
Extras:	Food storage containers kitchen scale
Time:	2.5 to 3 hours on Sunday. One session. Done for 3 weeks.

The Cook Day.

1

Start the quinoa

Measure 600g dry quinoa. Cook per bag instructions. Takes 15 min so start here first.

2

Cook the protein

Brown the full 3kg tube of ground turkey in batches. Salt, pepper, garlic powder. Cook fully through.

3

Cook the vegetables

Stir fry or steam 2.25kg of veg (one full bag plus 250g from the second). No oil needed.

4

Set up your station

Line up 15 containers on the counter. Kitchen scale goes in the middle.

5

Portion the protein

150g cooked turkey per container. Weigh each one. Do all 15 before moving on.

6

Portion the quinoa

120g cooked quinoa per container. Weigh on top of the turkey.

7

Fill with vegetables

150g stir fry veg fills the rest. Pack it in. You cannot overdo vegetables.

8

Seal and freeze

Keep 3 to 4 in the fridge. Freeze the rest. Freeze leftover veg for next batch.



THE WEEKLY SYSTEM

- Keep 3 to 4 containers in the fridge on Sunday.
- Every time you pull one for lunch, move one from the freezer to the fridge.
- Let supply wind down Thursday and Friday. Fresh batch Sunday. Repeat.
- No microwave? Pull from freezer and use it as your ice pack. Thaws by lunch.

Swaps and Variety.

Rotate proteins and carbs weekly so meals stay interesting. Veg stays the same.

PROTEIN OPTIONS

Ground Turkey

150g cooked. The default. Lean, easy, neutral.

Ground Chicken

150g cooked. Slightly leaner. Works identically.

Ground Beef

150g cooked. Higher fat. Better for bulking phases.

Pork Chops

1x 170g (6oz) chop. Pan sear or bake. Slice before portioning.

Chicken Breast

150g cooked. Three quarters to one full breast. Bake at 400F, 22 min.



CARB OPTIONS

Quinoa

120g cooked. Preferred. Extra protein vs rice. Nutty flavour.

White Rice

120g cooked. Fast digesting. Good for post-workout containers.

Brown Rice

120g cooked. More fibre. Lower GI. Good daily driver.

Jasmine Rice

120g cooked. Softer texture. Works well with all proteins.

Pasta Noodle

120g cooked. Higher carb. Use for bulking or high output phases.



APPROXIMATE MACROS PER CONTAINER

Based on ground turkey + quinoa + stir fry veg. Adjust portions to hit your targets.

	Protein	Carbs	Fat	Calories
Ground Turkey (150g cooked)	31g	0g	8g	195
Quinoa (120g cooked)	4g	21g	2g	116
Stir Fry Veg (150g)	3g	9g	1g	52
TOTAL One Container	38g	30g	11g	363

Macros are approximate. Use a food scale and MyFitnessPal to dial in exact portions.