

SWEAT WITH *SLAY.*

FREE GUIDE

WHAT I EAT IN A STUPID-BUSY WEEK

FUEL THE CHAOS.

Protein hits, the meals I repeat shamelessly, and the one snack in every bag.

FUEL

@SWEATWITHSLAY

1/7

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SWIPE →

THE STRATEGY

WHEN LIFE IS CHAOS, KEEP IT BORING

Coaching, DJing, sales, and a hundred other things — I don't have time for fancy. I win by repeating a few good meals, anchoring every one with protein, and never getting caught hungry and unprepared.

PROTEIN HITS

ANCHOR EVERY MEAL

Breakfast: eggs or Greek yogurt. Lunch: chicken, tofu, or last night's leftovers. Dinner: fish, beef, or beans + veg. A shake or jerky bridges the gaps. Hit protein and the rest falls into place.

MEALS I REPEAT SHAMELESSLY

BORING FOOD BUILDS BODIES

Big-batch chicken + rice + roasted veg. Greek yogurt + berries + granola. A loaded egg scramble. A sheet-pan dinner I can make half-asleep. Four meals on rotation beats twenty I'll never cook.

THE ONE SNACK

IN EVERY BAG, EVERY DAY

When you're booked back-to-back, the snack you packed beats whatever's closest. Mine rides in my gym bag, my work bag, and my car. (No, it's not almonds.) Keep a protein-forward grab-and-go on you and you'll never crash-snack again.

MAKE IT EFFORTLESS

PREP THE BOTTLENECK, NOT EVERYTHING

You don't need to meal-prep your whole life. Batch ONE protein on Sunday, keep the fridge and your bag stocked, and eat well 80% of the time. Effortless beats perfect every single week.

SWEAT WITH *SLAY*.

FUEL THE CHAOS.

SLAY IT.

Simple, repeatable, protein-first. Want this dialed in for your life? Coaching at sweatwithslay.com.

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