

SIXTY STRONG • AGE HAS NO LIMITS

The *I Hate* *Cooking* Protein Playbook

*5 strategies and 24 recipes
to hit your protein without
living at the stove.*

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Let's be *honest*.

You've already cooked thousands of meals. You don't need another lecture about meal prep.

You've heard every tip. Meal prep Sunday. Try new recipes. Learn knife skills. Put on music and have fun with it.

None of it works. Here's why.

"**Meal prep Sunday**" assumes you want to spend three hours of your weekend chopping vegetables. You don't. Sunday is for resting, not standing in the kitchen.

"**Try new recipes to make it exciting**" assumes boredom is the issue. It's not. The work is the work. A new recipe doesn't make chopping onions less tedious.

"**Learn basic cooking techniques**" assumes skill is the barrier. It's not. You can be a great cook and still hate cooking. Skill doesn't make a chore enjoyable.

"**Put on music and make it fun**" assumes mood is the issue. A playlist doesn't fix the fact that you don't want to be there.

This guide isn't going to teach you to love cooking. It's going to help you stop needing to.

You don't need to become a chef. You need protein on the plate so your muscles, bones, and metabolism can do their job after 50.

Inside you'll find 5 strategies built for women who'd rather be anywhere but the kitchen, and 24 recipes that follow three non-negotiable rules: under 10 minutes of active work, at least 25g of protein, and no ingredients you can't find at a normal grocery store.

Strong is the new sixty.

— **Julie**

STRATEGY 01

Cook once. *Eat three times.*

The first strategy minimizes how often you actually cook by making portions that last multiple meals.

This isn't meal prep. This is strategic cooking that reduces your total time in the kitchen.

How it works: When you do cook, make three to four portions of protein at once. Then use it across multiple meals in different formats so you're not eating the same thing three days in a row.

WORKED EXAMPLE • GROUND BEEF**One pound of taco-seasoned ground beef****COOK SESSION: MONDAY EVENING • 15 MIN**

Monday dinner: Taco bowl with the beef, black beans, greens, and salsa.

Tuesday lunch: The same beef folded into a quesadilla with cheese.

Wednesday dinner: The same beef stirred into pasta with marinara.

You cooked once. You ate three completely different meals. Two days, zero cooking.

WORKED EXAMPLE • CHICKEN THIGHS**Four sheet-pan chicken thighs with vegetables****COOK SESSION: SUNDAY • 5 MIN ACTIVE / 30 MIN TOTAL**

Sunday dinner: One chicken thigh with the roasted vegetables.

Monday lunch: Shred one chicken thigh into a big salad.

Tuesday dinner: Chop one thigh into fried rice with a scrambled egg.

Wednesday lunch: Roll the last thigh into a wrap with greens and hummus.

One cooking session. Four meals. Three days where you didn't cook.

WORKED EXAMPLE • SHREDDED CHICKEN

Slow cooker salsa chicken**COOK SESSION: SUNDAY MORNING • 5 MIN ACTIVE / 6 HRS TOTAL****Sunday dinner:** Chicken bowl with rice, black beans, avocado.**Monday lunch:** Chicken tacos with slaw and cheese.**Tuesday dinner:** Chicken tortilla soup (stir a cup into broth with veggies).**Wednesday lunch:** Chicken salad wrap with Greek yogurt and celery.

Five minutes of real work. Four meals. Shredded chicken is the MVP of hating cooking.

WORKED EXAMPLE • HARD-BOILED EGGS

One dozen hard-boiled eggs**COOK SESSION: SUNDAY • 2 MIN ACTIVE / 12 MIN TOTAL****All week breakfast:** Two eggs with toast and fruit — 18g protein in 90 seconds.**All week lunch add-on:** Chop two into any salad for an instant protein boost.**All week snack:** One egg + a handful of almonds = a real snack, not a hunger spiral.

One pot of water. Twelve minutes. Protein for the whole week, pre-peeled if you buy them that way.

This only works if you're okay eating the same base protein in different formats. Most women who hate cooking are fine with this — because it minimizes the thing they hate, which is cooking itself.

STRATEGY 02

Build meals that *need no cooking.*

The second strategy is building legitimate meals that need zero cooking or under five minutes of heat.

These aren't sad salads. These aren't snacks pretending to be meals. These are real, 25–50g protein meals where the only appliance involved is a can opener.

Every woman over 50 who hates cooking needs a short list of no-cook meals memorized so she can pull lunch or dinner together without thinking. Here are four to start with.

NO-COOK MEAL 01 • 25G PROTEIN • 2 MINUTES

Greek Yogurt Power Bowl

One cup Greek yogurt, half a cup of berries, two tablespoons of walnuts or almonds, a drizzle of honey, pinch of cinnamon. Stir and eat. Hits protein, fiber, and calcium before you've finished your coffee.

NO-COOK MEAL 02 • 45G PROTEIN • 5 MINUTES

Tuna & White Bean Bowl

Drain a can of tuna and half a can of cannellini beans. Toss with olive oil, lemon juice, salt, and pepper. Eat over a handful of greens or straight from the bowl. This is the single highest-protein five-minute meal in the playbook.

NO-COOK MEAL 03 • 25G PROTEIN • 3 MINUTES

Cottage Cheese Savory Bowl

One cup cottage cheese topped with chopped cucumber, halved cherry tomatoes, olive oil, everything bagel seasoning, and black pepper. Tastes like a deconstructed salad, feeds you like a meal.

NO-COOK MEAL 04 • 32G PROTEIN • 3 MINUTES

Loaded Deli Plate

Four ounces of sliced turkey, one ounce of cheese, raw vegetables (carrots, peppers, cucumber), two tablespoons of hummus, a small handful of crackers or nuts. Arrange on a plate. That's the whole recipe.

They aren't pretty. They aren't Instagram-worthy. They're 25–45 grams of protein in under five minutes. That's the job.

STRATEGY 03

Let someone else *cook the protein.*

The third strategy is buying protein that's already cooked, so you're assembling meals instead of making them.

This is the single biggest leverage point for women who hate cooking. Pre-cooked protein costs a little more per serving than raw — that's fine. An extra \$2 on rotisserie chicken beats \$25 delivery every time.

ALREADY COOKED 01

Rotisserie Chicken

What it costs: \$5–7. **What you get:** 40+ grams of protein per serving, fully cooked, lasts 3–4 days in the fridge.

How to use it: Eat it hot, straight from the container with vegetables. Shred it cold into salads. Chop it into wraps. Stir it into soup. Add it to pasta with marinara. One bird = three to four dinners with zero cooking.

ALREADY COOKED 02

Canned Tuna and Salmon

What it costs: \$2–4 per can. **What you get:** 30–40g protein per can, shelf-stable, lasts forever.

How to use it: Mix with canned beans and olive oil for a power bowl. Stir into Greek yogurt for tuna salad. Mash onto whole-grain crackers. Flake over a salad. The wild-caught pink salmon pouches are especially good — no draining, just tear and eat.

ALREADY COOKED 03

Pre-Cooked Grilled Chicken Strips

What to buy: The plain grilled strips in the refrigerated section. Not the breaded frozen nuggets.

How to use them: Microwave 60 seconds. Toss onto salads, into wraps, over rice, into pasta. One bag = four lunches. Keep them in the fridge for the week and you'll never face an empty-fridge panic again.

ALREADY COOKED 04

Hard-Boiled Eggs & Deli Meat

Hard-boiled eggs: Pre-cooked, pre-peeled from the store. 6g protein each. Snack, slice, or chop into salads.

Deli turkey or roast beef: 15–20g protein per serving. Fold into a wrap with greens and mustard for lunch in ninety seconds.

STRATEGY 04

Let the appliance *do the work.*

The fourth strategy is using appliances that need almost nothing from you.

Load it. Walk away. Come back to cooked food. You're not actively cooking — you're at the gym, walking the dog, answering emails, or living your life while food cooks itself.

APPLIANCE 01 • SLOW COOKER

Eight hours away, dinner waiting

Put two pounds of chicken breasts or thighs in the slow cooker with a jar of salsa and a packet of taco seasoning. Lid on. Walk away. Come home eight hours later to shredded chicken that covers four to six meals.

Active time: 3 minutes. **Supervision required:** Zero.

APPLIANCE 02 • INSTANT POT

Thirty minutes start to finish

Dump seasoned chicken, rice, and broth into the Instant Pot. Press a button. Thirty minutes later you have a complete meal — protein, starch, and if you throw in frozen vegetables for the last five minutes, your whole plate. No stirring. No watching.

Active time: 5 minutes. **Cleanup:** One pot.

APPLIANCE 03 • AIR FRYER

Frozen to plate in 20 minutes

Frozen chicken breasts, frozen vegetables, a spritz of oil, salt and pepper. Set for 20 minutes at 400°F. Walk away. Come back to dinner. One basket to rinse. Dishwasher takes care of the plate.

Active time: 3 minutes. **Cleanup:** Barely any.

APPLIANCE 04 • SHEET PAN + OVEN

The most underrated appliance you already own

Don't overlook the oven just because it's not trendy. One sheet pan, four chicken thighs, a pound of chopped vegetables, olive oil and seasoning. 425°F for 25 minutes. Feeds you for three to four meals.

Active time: 5 minutes. **Cleanup:** One pan, lined with parchment.

Pick one appliance. Use it once a week. That single session covers two or three dinners and a couple of lunches.

STRATEGY 05

Eat the same things *on repeat.*

The fifth strategy is giving yourself permission to eat simple, repetitive meals and stop feeling guilty about it.

Women who love cooking chase variety. You don't have to. Pick six or seven meals you'll actually make and rotate them indefinitely.

SAMPLE ROTATION A • MINIMAL COOKING

The "I really, really don't want to cook" week

Monday: Scrambled eggs and toast.

Tuesday: Rotisserie chicken with roasted vegetables.

Wednesday: Tuna and white bean bowl.

Thursday: Ground beef taco bowl.

Friday: Greek yogurt with nuts and berries.

Saturday: Deli turkey wrap with vegetables.

Sunday: Canned soup with added shredded chicken.

SAMPLE ROTATION B • COOK-ONCE WEEKLY

Cook one big thing Sunday, coast the rest of the week

Sunday: Slow cooker salsa chicken — 5 minutes of work, dinner waiting.

Monday: Chicken taco bowl with rice and beans.

Tuesday: Cottage cheese bowl for lunch, chicken quesadilla for dinner.

Wednesday: Chicken salad wrap with yogurt and celery.

Thursday: Smoked salmon avocado toast + a can of soup.

Friday: Deli plate with cheese, crackers, raw veg.

Saturday: Greek yogurt bowl or leftover anything.

Stop apologizing.

Cooking is a skill. Not a personality trait. Not a moral test. You've cooked thousands of meals. You're allowed to be done with the performance of it.

Your job now is to fuel the body that's getting stronger. That's the whole job.

24 recipes for women who *hate cooking*.

Every recipe here follows three rules, no exceptions.

RULE ONE

Under 10 minutes of active work.

Most take five. A few are set-and-forget appliance recipes where the total time is longer but your hands-on time is still under 10 minutes.

RULE TWO

At least 25 grams of protein.

Most hit 30 to 45. Because after 50, protein is non-negotiable for muscle, bones, and metabolism.

RULE THREE

No weird ingredients.

Nothing you can't find at a normal grocery store. No specialty shops. No techniques you don't already have.

Three categories, eight recipes each:

No-Cook Meals. Zero heat. Assemble and eat. Perfect for the days you refuse to touch the stove.

Five-Minute Meals. A little heat. A lot of protein. In and out of the kitchen fast.

Set-and-Forget Meals. Load the appliance, walk away, come back to food. These feed you for multiple days on one cook.

You won't make all 24. You'll find three or four that become your rotation. That's the goal.

NO-COOK MEALS

01 Tuna & White Bean Power Bowl**45G PROTEIN**

5 MIN • SERVES 1

YOU'LL NEED

- 1 can (5 oz) tuna in olive oil, drained
- ½ can (about ¾ cup) cannellini beans, drained and rinsed
- 2 cups arugula or baby spinach
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- Salt, black pepper
- Optional: capers, red onion, cherry tomatoes

DO THIS

- 1 Dump the tuna, beans, and greens into a bowl.
- 2 Add the olive oil, lemon juice, salt, and pepper.
- 3 Toss gently so the tuna breaks into chunks.
- 4 Eat straight from the bowl.

UPGRADE

A few capers and thin-sliced red onion take this from weeknight to dinner-party without adding any real work.

02 Greek Yogurt Protein Bowl**28G PROTEIN**

2 MIN • SERVES 1

YOU'LL NEED

- 1 cup plain Greek yogurt (2% or full fat)
- ½ cup mixed berries
- 2 Tbsp walnuts or chopped almonds
- 1 tsp honey or maple syrup
- Pinch of cinnamon
- Optional: 2 Tbsp chia seeds or granola

DO THIS

- 1 Spoon the yogurt into a bowl.
- 2 Top with berries, nuts, honey, and cinnamon.
- 3 Eat.

PROTEIN HACK

Stir a scoop of vanilla protein powder into the yogurt to push this to 40+ grams.

03 Cottage Cheese Savory Bowl**25G PROTEIN**

3 MIN • SERVES 1

YOU'LL NEED

- 1 cup cottage cheese (2% or 4%)
- ½ cucumber, chopped
- ½ cup cherry tomatoes, halved
- 1 Tbsp olive oil
- 1 tsp everything bagel seasoning
- Black pepper
- Optional: fresh dill, avocado slices

DO THIS

- 1 Spoon cottage cheese into a shallow bowl.
- 2 Top with cucumber and tomatoes.
- 3 Drizzle olive oil. Sprinkle everything seasoning and pepper.
- 4 Eat with a spoon or pile onto crackers.

04 Loaded Deli Plate**32G PROTEIN**

3 MIN • SERVES 1

YOU'LL NEED

- 4 oz sliced turkey or roast beef
- 1 oz cheese (cheddar, gouda, manchego)
- Raw veg: carrots, peppers, cucumber
- 2 Tbsp hummus
- Handful of whole-grain crackers or nuts
- Optional: olives, pickles, fresh fruit

DO THIS

- 1 Arrange everything on a plate or board.
- 2 Call it lunch.

WHY THIS MATTERS

This is a real meal, not a snack plate. A Mediterranean grandmother would recognize it instantly. Stop calling it "girl dinner" and start calling it "hit your protein target in three minutes."

05 Smoked Salmon & Avocado Toast**26G PROTEIN**

4 MIN • SERVES 1

YOU'LL NEED

- 1 slice hearty whole-grain bread
- ½ avocado, mashed
- 3 oz smoked salmon
- 1 Tbsp capers
- Thin-sliced red onion
- Lemon wedge, black pepper

DO THIS

- 1 Toast the bread.
- 2 Mash the avocado on top with a fork and a pinch of salt.
- 3 Layer on the salmon.
- 4 Scatter capers and red onion.
- 5 Squeeze of lemon, crack of pepper.

06 Chicken Salad Lettuce Wraps**38G PROTEIN**

5 MIN • SERVES 1

YOU'LL NEED

- 1 cup shredded rotisserie chicken
- 3 Tbsp Greek yogurt
- 1 Tbsp Dijon mustard
- 1 celery stalk, diced
- 2 Tbsp chopped walnuts
- 2 Tbsp halved red grapes (optional but good)
- 4 large butter lettuce or romaine leaves
- Salt, pepper

DO THIS

- 1 In a bowl, mix chicken, yogurt, Dijon, celery, walnuts, and grapes.
- 2 Season with salt and pepper.
- 3 Spoon into lettuce leaves.
- 4 Eat with your hands.

REPURPOSE

This same chicken salad goes on crackers, into a wrap, or onto a bed of greens. Make a double batch Sunday and coast for days.

07 Mediterranean Tuna Plate

42G PROTEIN

5 MIN • SERVES 1

YOU'LL NEED

- 1 can (5 oz) tuna in olive oil, drained
- 2 hard-boiled eggs, halved
- ½ cup cherry tomatoes
- ¼ cup Kalamata olives
- ½ cucumber, sliced
- 2 Tbsp crumbled feta
- Olive oil, red wine vinegar, oregano
- Salt, pepper

DO THIS

- 1 Arrange tuna, eggs, tomatoes, olives, cucumber, and feta on a plate.
- 2 Drizzle olive oil and vinegar over everything.
- 3 Sprinkle oregano, salt, and pepper.
- 4 Eat.

THIS IS THE MOVE

This single recipe hits 40+ grams of protein, checks every Mediterranean diet box, and took less than five minutes. This is the meal women who hate cooking should memorize first.

08 Peanut Butter & Banana Toast + Yogurt

30G PROTEIN

3 MIN • SERVES 1

YOU'LL NEED

- 2 slices whole-grain bread, toasted
- 2 Tbsp natural peanut butter
- 1 small banana, sliced
- Drizzle of honey, cinnamon
- ¾ cup Greek yogurt on the side
- Optional: hemp seeds or chia sprinkled on top

DO THIS

- 1 Toast the bread.
- 2 Spread peanut butter on top.
- 3 Layer on banana slices, drizzle honey, dust with cinnamon.
- 4 Eat with Greek yogurt on the side — this is the protein ballast that turns a snack into a meal.

FIVE-MINUTE MEALS

09 High-Protein Scrambled Eggs**36G PROTEIN**

5 MIN • SERVES 1

YOU'LL NEED

- 4 large eggs + 2 egg whites
- 1 Tbsp butter or olive oil
- 1 oz crumbled feta or shredded cheese
- Handful of baby spinach (optional)
- Salt, black pepper
- Fresh herbs if you have them

DO THIS

- 1 Whisk the eggs, whites, salt, and pepper in a bowl.
- 2 Melt butter in a non-stick pan over medium-low heat.
- 3 Pour in eggs. Stir gently with a spatula, pulling the eggs from the edges into the center.
- 4 When they're 80% set but still a little wet, toss in spinach and cheese.
- 5 Remove from heat. They'll finish cooking in the pan. Don't overcook — dry eggs are a crime.

10 Microwave Egg & Cheese Cup**24G PROTEIN**

3 MIN • SERVES 1

YOU'LL NEED

- 3 eggs
- 1 oz shredded cheese
- Handful of baby spinach, chopped
- Splash of milk or water
- Salt, pepper, hot sauce
- Optional: diced ham, a little salsa

DO THIS

- 1 Crack eggs into a large, greased mug or bowl.
- 2 Whisk with a fork. Add splash of milk, salt, pepper.
- 3 Stir in spinach and cheese.
- 4 Microwave 60 seconds. Stir.
- 5 Microwave another 30–45 seconds until just set.
- 6 Top with hot sauce and eat straight from the mug.

11 Cheat's Chickpea Pasta**38G PROTEIN**

10 MIN • SERVES 1

YOU'LL NEED

- 2 oz chickpea or lentil pasta (~ $\frac{2}{3}$ cup dry)
- $\frac{1}{2}$ cup jarred marinara sauce
- 4 oz pre-cooked grilled chicken strips
- 2 Tbsp grated parmesan
- Red pepper flakes
- Handful of baby spinach

DO THIS

- 1 Boil pasta per package directions, usually 7–8 minutes.
- 2 Drain. Return to the pot.
- 3 Stir in marinara, chicken, and spinach. Warm through for 1 minute.
- 4 Top with parmesan and red pepper flakes.

WHY CHICKPEA PASTA

Regular pasta is mostly starch. Chickpea pasta has 11g protein per 2-oz serving versus 7g in regular. Same flavor. More protein. Easy swap.

12 Rotisserie Chicken Wrap

40G PROTEIN

5 MIN • SERVES 1

YOU'LL NEED

- 1 cup shredded rotisserie chicken
- 2 Tbsp Greek yogurt
- 1 Tbsp Dijon mustard
- 1 large whole-grain tortilla (10")
- 2 romaine leaves
- ½ avocado, sliced
- 2 Tbsp shredded cheese
- Salt, pepper

DO THIS

- 1 Mix chicken with yogurt, Dijon, salt, and pepper.
- 2 Lay tortilla flat.
- 3 Layer romaine, chicken mixture, avocado, and cheese down the center.
- 4 Fold in the sides, then roll tightly from the bottom up.
- 5 Cut in half on the diagonal if you want to feel fancy.

13 Canned Soup, Upgraded

32G PROTEIN

5 MIN • SERVES 1

YOU'LL NEED

- 1 can (15 oz) lentil, chicken, or minestrone soup
- 1 cup shredded rotisserie chicken OR ½ can white beans
- 2 big handfuls of baby spinach
- 2 Tbsp grated parmesan
- 1 Tbsp olive oil
- Black pepper

DO THIS

- 1 Pour soup into a saucepan. Heat over medium.
- 2 Stir in chicken or beans.
- 3 Add spinach. Simmer 2 minutes until it wilts.
- 4 Ladle into a bowl.
- 5 Top with parmesan, olive oil, and pepper.

THE PRINCIPLE

Canned soup on its own won't hit your protein. Adding a cup of chicken or a half-can of beans takes it from snack to meal.

14 Protein Smoothie Bowl

40G PROTEIN

5 MIN • SERVES 1

YOU'LL NEED

- 1 cup Greek yogurt
- 1 scoop vanilla protein powder
- ½ frozen banana
- ½ cup frozen berries
- ½ cup milk (dairy or almond)
- 1 Tbsp almond butter
- Toppings: granola, sliced almonds, berries, chia

DO THIS

- 1 Blend yogurt, protein powder, banana, berries, milk, and almond butter until thick.
- 2 If it's too thin, add more frozen fruit. Too thick, add a splash of milk.
- 3 Pour into a bowl.
- 4 Top with granola, nuts, and fruit. Eat with a spoon.

15 Shrimp & Avocado Bowl

35G PROTEIN

5 MIN • SERVES 1

YOU'LL NEED

- 6 oz pre-cooked shrimp (thawed)
- ½ avocado, diced
- 1 cup cooked rice (microwave pouch works)
- ½ cup cucumber, diced
- 2 Tbsp soy sauce or tamari
- 1 tsp sesame oil
- 1 tsp sriracha or chili crisp
- Sesame seeds, sliced scallions

DO THIS

- 1 Heat the rice pouch in the microwave — 90 seconds.
- 2 Tip rice into a bowl.
- 3 Top with shrimp, avocado, and cucumber.
- 4 Whisk soy sauce, sesame oil, and sriracha. Drizzle over the bowl.
- 5 Sprinkle sesame seeds and scallions.

SHORTCUT

Pre-cooked frozen shrimp is the unsung hero of the frozen aisle. 30 seconds in a bowl of warm water and they're ready to eat.

16 Quick Quesadilla

34G PROTEIN

6 MIN • SERVES 1

YOU'LL NEED

- 2 whole-grain or chickpea flour tortillas (8")
- 1 cup shredded rotisserie chicken OR leftover taco beef
- ½ cup shredded cheese
- 2 Tbsp salsa
- ½ cup black beans (optional, adds 7g protein)
- 1 tsp olive oil for the pan
- Greek yogurt for dipping

DO THIS

- 1 Heat a dry skillet over medium.
- 2 Lay one tortilla in the pan.
- 3 Sprinkle half the cheese, then chicken, beans, salsa, and remaining cheese.
- 4 Top with the second tortilla. Press gently.
- 5 Cook 2 minutes until bottom is golden. Flip carefully. Cook 2 more minutes.
- 6 Cut into wedges. Dip in Greek yogurt.

SET-AND-FORGET MEALS

17 Sheet-Pan Chicken & Vegetables**40G / SERVING**

5 MIN ACTIVE / 30 TOTAL • 4 SERVINGS

YOU'LL NEED

- 4 bone-in or boneless chicken thighs (1½–2 lbs)
- 1 lb mixed vegetables: broccoli, bell peppers, red onion, zucchini
- 3 Tbsp olive oil
- 1 tsp each: garlic powder, paprika, salt
- Black pepper, red pepper flakes
- Optional: lemon wedges for serving

DO THIS

- 1 Heat oven to 425°F.
- 2 Line a sheet pan with parchment paper (cleanup insurance).
- 3 Toss vegetables with half the oil, salt, and pepper. Spread on the pan.
- 4 Rub chicken with remaining oil, garlic powder, paprika, salt, and pepper.
- 5 Nestle chicken among the vegetables.
- 6 Bake 25–30 minutes until chicken hits 165°F internal.
- 7 Squeeze lemon over everything.

COOK ONCE, EAT FOUR TIMES

This is the single best "cook once" recipe. Four meals of protein on one sheet pan.

18 Slow Cooker Salsa Chicken**35G / SERVING**

5 MIN ACTIVE / 6 HRS • 6 SERVINGS

YOU'LL NEED

- 2 lbs boneless chicken breasts or thighs
- 1 jar (16 oz) salsa
- 1 packet taco seasoning
- 1 can (15 oz) black beans, drained
- 1 can (15 oz) corn, drained (optional)
- Juice of 1 lime

DO THIS

- 1 Dump everything in the slow cooker.
- 2 Stir once. Lid on.
- 3 Low for 6 hours or high for 3.
- 4 Shred chicken with two forks right in the pot. Stir it back into the sauce.
- 5 Squeeze lime on top.

USE IT FOR

Rice bowls. Tacos. Quesadillas. Chicken salads. Stirred into soup. Piled onto nachos. Six meals minimum.

19 Air Fryer Salmon Bites**34G PROTEIN**

5 MIN ACTIVE / 12 TOTAL • 2 SERVINGS

YOU'LL NEED

- 1 lb salmon, skin removed, cut into 1" cubes
- 2 Tbsp olive oil
- 2 Tbsp soy sauce or tamari
- 1 Tbsp honey
- 1 tsp garlic powder
- ½ tsp black pepper
- Sesame seeds, scallions for garnish

DO THIS

- 1 In a bowl, toss salmon with oil, soy sauce, honey, garlic powder, pepper.
- 2 Preheat air fryer to 400°F.
- 3 Arrange salmon in single layer in the basket.
- 4 Air fry 7–9 minutes until edges are crispy and centers just cooked.
- 5 Serve over rice, in a bowl with avocado, or straight from the basket.

20 Instant Pot Chicken & Rice**36G / SERVING**

5 MIN ACTIVE / 30 TOTAL • 4 SERVINGS

YOU'LL NEED

- 1½ lbs boneless chicken thighs
- 1 cup long-grain white rice, rinsed
- 1½ cups chicken broth
- 1 tsp each: salt, garlic powder, paprika
- ½ tsp dried thyme
- Black pepper
- Optional: 1 cup frozen peas or corn

DO THIS

- 1 Season chicken with salt, garlic powder, paprika, thyme, pepper.
- 2 Add rice, broth, and chicken to the Instant Pot.
- 3 Seal lid. Pressure cook on high for 12 minutes.
- 4 Natural release for 10 minutes. Then quick release any remaining pressure.
- 5 Fluff with a fork. Stir in frozen peas (they'll warm in the residual heat).

21 One-Pan Taco Beef Bowls**38G / SERVING**

10 MIN ACTIVE / 15 TOTAL • 4 SERVINGS

YOU'LL NEED

- 1 lb lean ground beef (93/7)
- 1 packet taco seasoning
- ¼ cup water
- 1 can (15 oz) black beans, drained
- To serve: greens, salsa, avocado, shredded cheese, Greek yogurt, rice

DO THIS

- 1 Brown ground beef in a large skillet over medium-high, 6–7 minutes. Break it up as it cooks.
- 2 Drain any excess fat.
- 3 Stir in taco seasoning and water. Simmer 2 minutes.
- 4 Add black beans. Warm through.
- 5 Build bowls: greens or rice, beef mixture, toppings.

REPURPOSE

Leftovers become quesadillas, nachos, stuffed peppers, or pasta (see Strategy One).

22 Baked Feta & Chickpea Skillet**28G / SERVING**

5 MIN ACTIVE / 25 TOTAL • 2 SERVINGS

YOU'LL NEED

- 1 block (8 oz) feta cheese
- 2 cans (15 oz each) chickpeas, drained
- 2 cups cherry tomatoes
- 4 garlic cloves, smashed
- ¼ cup olive oil
- 1 tsp dried oregano, salt, pepper, red pepper flakes
- Fresh spinach or arugula to finish

DO THIS

- 1 Heat oven to 400°F.
- 2 Put feta block in the center of a baking dish or oven-safe skillet.
- 3 Add chickpeas, tomatoes, and garlic around the feta.
- 4 Drizzle everything with olive oil. Sprinkle oregano, salt, pepper, red pepper.
- 5 Bake 20–22 minutes until feta is soft and tomatoes burst.
- 6 Stir everything together. Fold in spinach until wilted.
- 7 Eat with crusty bread or over rice.

23 Slow Cooker Beef & Vegetable Stew**42G / SERVING**

10 MIN ACTIVE / 8 HRS • 6 SERVINGS

YOU'LL NEED

- 2 lbs beef stew meat
- 4 cups beef broth
- 1 lb baby potatoes, halved
- 3 carrots, sliced thick
- 1 large onion, chopped
- 2 cans diced tomatoes
- 3 Tbsp tomato paste
- 2 tsp each: salt, thyme, Italian seasoning
- Black pepper, bay leaf

DO THIS

- 1 Dump everything into the slow cooker.
- 2 Stir once. Lid on.
- 3 Low 8 hours or high 4.
- 4 Remove bay leaf. Taste. Adjust salt.
- 5 Serve with a slice of hearty bread or over mashed cauliflower.

WHY THIS IS HERE

Six servings. Freezes beautifully. One Sunday session = lunches for the next two weeks.

24 Overnight Protein Oats**32G PROTEIN**

3 MIN ACTIVE / OVERNIGHT • SERVES 1

YOU'LL NEED

- ½ cup rolled oats
- 1 cup milk (dairy or unsweetened almond)
- 1 scoop protein powder (vanilla or chocolate)
- 1 Tbsp chia seeds
- 1 Tbsp almond butter
- ½ banana, sliced (or ½ cup berries)
- Cinnamon, drizzle of maple

DO THIS

- 1 In a jar or container, stir together oats, milk, protein powder, and chia.
- 2 Add almond butter and cinnamon. Stir.
- 3 Lid on. Refrigerate overnight (or at least 4 hours).
- 4 In the morning: top with fruit and maple. Eat cold.

BATCH IT

Make 3–4 jars on Sunday night. Breakfast sorted for the whole week.

YOUR NEXT STEP

The Sixty Strong App

built for women who want to get stronger — not smaller, not younger, not quieter.

Follow-along 30 minute, joint friendly workouts programmed for women 50+. High-protein recipes that fit real life. A community of women who've stopped waiting. All led by a certified trainer with 20+ years coaching this exact stage of life.

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