





BNB

BUILT NOT BOUGHT FITNESS

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3 HIGH-PROTEIN MEAL PREPS

The real meals from Dan's Shorts, with the macros from his own food log. No guesses.

UP TO 55 G PROTEIN A MEAL | 12 MEALS FROM ONE COOK | +2 BONUS QUICK BUILDS

Built, not bought. You don't buy the result. You build it.

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WHAT'S INSIDE

You've seen these on YouTube, Instagram and TikTok. Here they are on paper: what goes in, how Dan cooks it, and the macros from his own log. Every number here is from a real logged cook.



12 MEALS. ONE COOK.

447 kcal · 55 g protein

571 kcal · 46 g protein



WHITE CHICKEN CHILI

540 kcal · 43.1 g protein

10 servings



EGGS & POTATOES

528 kcal · 52 g protein

prep the potatoes

How to use it

Step	What you do
1. Pick two	The 12-meal cook covers lunches and dinners. Add the chili for a second flavor, or the eggs & potatoes for a fast lunch.
2. Shop once	Use the ingredient tables. Weigh with a food scale; the macros are only as good as the weights.
3. Cook once	Potatoes and rice first, protein next, portion last. Label every container with the date.
4. Fridge or freeze	Eat cooked meals within 3–4 days. Freeze the rest (FoodSafety.gov).

About the numbers. Macros are Dan's own logged totals for his batch, with the brands he used. Your brands and weights will shift them a little. Check your labels.

Bonus

Two quick builds from the channel on page 6: the pre-workout PB rice cakes (355 kcal) and the post-workout Cream of Rice bowl (55 g protein).

MEAL PREP 01 · AS SEEN IN SHORT 16

12 MEALS. ONE COOK.



Makes 12 containers (2 builds) **Fridge** 3–4 days **Freezer** 2–6 months **Topped with** cottage cheese

BUILD A · CHICKEN + AIR-FRIED POTATOES

447 KCAL	55 g PROTEIN	30 g CARBS	8 g FAT

Per container	Grams
Chicken breast, raw	200 g
Creamer potatoes, cubed	200 g
Low-fat cottage cheese	113 g

BUILD B · BEEF + RICE

571 KCAL	46 g PROTEIN	53 g CARBS	17 g FAT

Per container	Grams
Ground sirloin, raw	150 g
Jasmine rice, dry (uncooked)	60 g
Low-fat cottage cheese	113 g

Grams are from Dan's log. Chicken breast and ground sirloin are raw weights; jasmine rice is dry (uncooked).
Seasonings: Blanco SPG by Meat Church and Killer Hogs BBQ Rub, to taste.

Steps

1. **Cube the potatoes** and air fry until golden and crisp.
2. **Chicken on the griddle.** Cook until it reads 165°F inside, then dice it and sear the pieces.
3. **Brown the beef** to 160°F. Drain if you like.
4. **Cook the rice** while the beef browns.
5. **Portion it out:** weigh each container to the grams above, then top each with 113 g cottage cheese.

Pro tip: Keep the cottage cheese in a small separate cup if you'd rather eat it cold and reheat only the meal (165°F).

MEAL PREP 02 · AS SEEN IN SHORT 21

WHITE CHICKEN CHILI



Makes 10 servings · **Fridge** 3–4 days · **Freezer** 2–3 months · **Swap** leftover turkey works the same

PER SERVING (DAN'S LOG) · ONE SERVING IS 1 OF 10 FROM THE POT

540	43.1 g	30.1 g	21.3 g
KCAL	PROTEIN	NET CARBS	FAT

Ingredients (full recipe)

Ingredient	Amount
Rotisserie chicken, pulled (or leftover turkey)	973 g
Yellow onion	1 (440 g)
Mini bell peppers	670 g
Garlic	2 cloves
Olive oil	1 tbsp
Great Northern beans, Bush's Best	3.5 cups
Chili beans, no salt added, Mrs Grimes	3.5 cups
Whole kernel sweet corn, Green Giant	1.75 cups
Unsalted chicken bone broth, Pacific Foods	4 cups
Original cream cheese, Philadelphia	1.04 package (~8 oz)
Nonfat Greek yogurt, Fage	0.75 cup
Cumin	1.5 tsp
Paprika	0.5 tsp
Italian seasoning	to taste
SPG (salt, pepper, garlic)	to taste
Lime juice	1 tbsp
Cilantro	2 tbsp

Steps

1. Heat the olive oil and simmer the onion and peppers until the onions are translucent.
2. Add the spices, garlic, and 4 cups bone broth.
3. Blend some of the beans with a little liquid, rinse the rest, and pour the puree back in. Add the remaining beans and the corn.
4. Stir in the cream cheese for the creamy base and the lime juice **before** the chicken.
5. Add the chicken, simmer until hot (165°F), finish with cilantro and the Greek yogurt. Top it however you like.

Pro tip: Ladle into 10 containers while hot, cool a few minutes, then lid and refrigerate within 2 hours.

MEAL PREP 03 · AS SEEN IN SHORT 20

EGGS & POTATOES



Makes 1 plate (prep 5 days of potatoes at once) **Potatoes keep** 3–4 days in the fridge **Eggs** cook fresh

PER PLATE (DAN'S LOG)

528	52 g	57 g	13 g
KCAL	PROTEIN	CARBS	FAT

Ingredients (1 plate)

Ingredient	Amount	×5 prep
Baby potatoes, cubed	250 g	1,250 g
Whole eggs	2	10
Large egg whites	6	30
Low-fat cottage cheese	113 g	565 g
Sugar-free BBQ sauce	36 g	180 g

×5 column is simple multiplication of Dan's plate. Potato seasoning: SPG (salt, pepper, garlic) and a little BBQ seasoning, to taste.

Steps

1. **Prep day:** cube 1,250 g baby potatoes, season, and cook until tender, then crisp them in the air fryer. Split into five 250 g portions (weigh raw, then divide the cooked batch evenly).
2. **Each day:** fry 2 whole eggs, then add 6 egg whites and cook until set (160°F).
3. Reheat a potato portion to 165°F, plate with the eggs.
4. Top with 113 g cottage cheese and 36 g sugar-free BBQ sauce.

Pro tip: Cottage cheese with only milk, cream and salt keeps it simple. Read the label.

BONUS: TWO QUICK BUILDS FROM THE CHANNEL

Not batch preps, but they're on repeat. Macros are from Dan's log with his brands, so yours will vary with what you buy.



PRE-WORKOUT · SHORT 17

PB RICE CAKES

355 kcal | 18 g protein | 61 g carbs | 4 g fat

2 rice cakes · 32 g peanut butter powder (2 servings) mixed with water into a spread · 100 g banana, sliced · 20 ml maple syrup · pinch of pink Himalayan salt.



POST-WORKOUT · SHORT 19

CREAM OF RICE PROTEIN BOWL

491 kcal | 55 g protein | 55 g carbs | 4 g fat

60 g flavored Cream of Rice cereal mixed with water · 100 g frozen blueberries · topped with a protein "drip" (2 scoops protein powder stirred with a little water). Brands Dan used: Elev8 Cream of Rice and Axe & Sledge Farm Fed (not sponsored).

Storage & safety (FoodSafety.gov)

Cooked meals	Fridge (40°F or below) 3–4 days. Freezer (0°F) 2–6 months for best quality.
Cook to	Chicken & turkey 165°F · ground beef 160°F · egg dishes 160°F. Reheat leftovers to 165°F.
Chill fast	Refrigerate within 2 hours. Shallow containers cool faster.

Not medical or nutrition advice. Contains dairy, eggs, peanuts (bonus build). Check labels for allergens.

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