

MINI MEALS GUIDE

SMART CHOICES. REAL RESULTS.

Practical mini meals designed to fuel your body, support steady energy and help you reach your daily protein goal based on your Lean Body Mass.



1

PROTEIN
20-30g

2

NUTRIENTS
+ ENERGY

3

HEALTHY FATS
WHEN NEEDED



SIMPLE. PRACTICAL. SUSTAINABLE.

MINI MEALS NUTRITION GUIDE

MINI MEALS

THE MEALS BETWEEN YOUR MAIN MEALS

Mini meals are the smaller meals you eat between breakfast, lunch and dinner. They can help provide important nutrients, support steady energy throughout the day and make it easier to reach your daily protein goal based on your Lean Body Mass. They can also help fuel an Rzone workout when a full meal before training is not practical.

Think of a mini meal as a smaller, balanced meal - not random snacking. Start with protein, then add fruit or vegetables and, when appropriate, a portion of healthy fat.

RZONE TARGET

20-30g PROTEIN PER MINI MEAL

Use your Lean Body Mass and daily protein goal as the bigger-picture guide.

THE MINI MEAL FORMULA

1

PROTEIN

20-30g

Build the mini meal around protein.

2

FRUIT OR VEGETABLES

Fiber + nutrients

Add produce for nutrients and volume.

3

HEALTHY FAT

Optional

Use a small portion when it fits your goals.

WHEN A MINI MEAL HELPS MOST

- Between main meals when hunger or energy dips.
- Before an early workout when a full meal is not practical.
- When you need a convenient way to stay on track with protein.

PRE-WORKOUT FUELING

It is highly recommended to have a mini meal at least 30-45 minutes before a workout to help avoid low energy and possible dizziness.

If your timeline allows for a full meal containing a lean protein and complex carbohydrate, aim for about 1 hour before exercise so your body has time to digest the meal properly.

MINI MEAL FAVORITES

VISUAL, PROTEIN-FIRST COMBINATIONS



GREEK YOGURT + BERRIES + WALNUTS

Plain Greek yogurt with berries and walnuts or almonds.

PROTEIN FIRST



COTTAGE CHEESE + FRUIT + ALMONDS

Cottage cheese with fruit and a small portion of nuts.

PROTEIN FIRST



TUNA + CUCUMBER + AVOCADO

Tuna packed in water with cucumber, tomatoes and avocado.

PROTEIN FIRST



EGGS / EGG WHITES + FRUIT + NUTS

Whole eggs plus egg whites, fruit and a small portion of nuts.

PROTEIN FIRST

MORE MINI MEAL FAVORITES

VISUAL, PROTEIN-FIRST COMBINATIONS



TURKEY ROLL-UPS + APPLE + ALMONDS

Lean turkey roll-ups with vegetables, apple and almonds.

PROTEIN FIRST



GRILLED CHICKEN + VEGETABLES + HUMMUS

Grilled chicken with raw vegetables and hummus.

PROTEIN FIRST



SALMON + CUCUMBER + AVOCADO

Cooked salmon with cucumber and avocado.

PROTEIN FIRST



SHRIMP + VEGETABLES

Cooked shrimp with colorful vegetables.

PROTEIN FIRST

MORE MINI MEAL FAVORITES

VISUAL, PROTEIN-FIRST COMBINATIONS



ROTISSERIE CHICKEN + VEGGIES + HUMMUS

Skinless rotisserie chicken with vegetables and hummus.

PROTEIN FIRST



TUNA + WHOLE-GRAIN CRACKERS + TOMATOES

Tuna with tomatoes and a measured portion of whole-grain crackers.

PROTEIN FIRST



EGG-WHITE BOWL + VEGETABLES + FRUIT

Egg whites with vegetables and fruit.

PROTEIN FIRST



TOFU + EDAMAME + VEGETABLES

Tofu with edamame, vegetables and optional avocado.

PROTEIN FIRST

CHOMPS MINI MEALS

REAL PRODUCT. REAL FOOD. PROTEIN FIRST.

Chomps Original Beef is a convenient protein option. Each full-size stick provides 10g protein, 0g sugar and 100 calories.



CHOMPS ORIGINAL BEEF

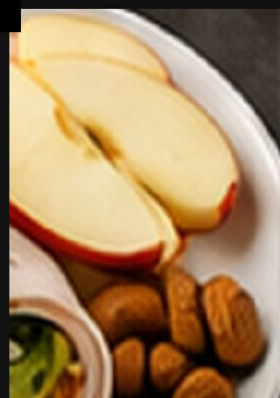
2 full-size sticks = about 20g protein | 0g sugar per stick



2 CHOMPS + 1/4 CUP NUTS

Two Chomps Original Beef sticks with 1/4 cup of your favorite nuts.

PROTEIN FIRST



2 CHOMPS + APPLE + 1/4 CUP NUTS

Two Chomps Original Beef sticks with real apple slices and 1/4 cup of nuts.

PROTEIN FIRST

RZONE COACH TIP

Use two full-size sticks when you want the Chomps portion to provide about 20g of protein. Pair with 1/4 cup nuts, or add apple slices for fruit.

RZONE PICKS | HIGH-QUALITY GRASS-FED PROTEIN POWDERS

All five options below use grass-fed dairy and are among the most popular, trusted and highly rated protein powders. Choose the one that fits your goals, taste preference and dietary needs.

- ✓ Grass-Fed Dairy
- ✓ High Protein Per Serving
- ✓ Low Sugar
- ✓ No Artificial Junk

1

RZONE TOP PICK

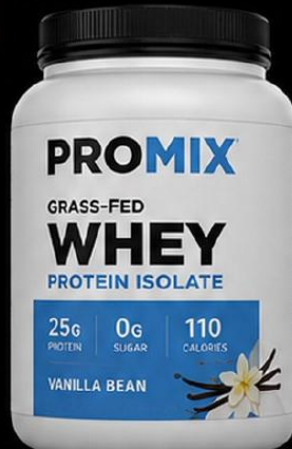


TRANSPARENT LABS Grass-Fed Whey Isolate

- 28g protein per scoop
- 0-1g sugar, 0-1g fat
- 100% Grass-Fed Whey Isolate
- No artificial sweeteners, colors or preservatives
- Third-party tested for purity

FLAVORS: Chocolate, Vanilla, Cookies & Cream, Cinnamon French Toast, Milk Chocolate

2



PROMIX Grass-Fed Whey Protein Isolate

- 25-30g protein per scoop (varies by product)
- 0-1g sugar
- Simple, clean ingredients
- Option for 100% Whey Isolate (one ingredient)
- No artificial sweeteners or flavors

FLAVORS: Vanilla Bean, Rich Chocolate, Cinnamon Cereal Milk, Unflavored (Isolate)

3



LEGION Whey+

- 24g protein per scoop
- 1g sugar, 1.5g fat
- Grass-Fed Whey Isolate
- No artificial sweeteners
- Naturally sweetened & flavored

FLAVORS: Dutch Chocolate, Vanilla, Cookies & Cream, Strawberries & Cream

4



LEVELS Grass-Fed Whey Protein

- 24g protein per scoop
- 1g sugar
- Grass-Fed Whey Protein Concentrate
- Minimal ingredients
- No artificial flavors
- 7,000+ reviews

5



JOCKO MÖLK Protein Powder (Multi-Protein Blend)

- 22g protein per scoop
- 1-2g sugar
- Blend of Whey, Micellar Casein & Egg White Protein
- Added Probiotics & Digestive Enzymes
- No artificial sweeteners
- Informed Sport Certified

PROTEIN SHAKES

HOW TO USE YOUR PROTEIN POWDER

Keep it simple. A quality powder + the right add-ins can make an easy mini meal.

5 TOOLS TO MAKE IT EASY

SHAKER BOTTLE

- Leak proof
- BPA free
- Easy to clean
- Take it anywhere



NINJA PORTABLE BLENDER

- Blend protein shakes, fruit, ice, nut butter and more in seconds.
- Powerful blending
- USB rechargeable
- Compact & portable
- Easy one-touch



BUILD A SHAKE IN 3 STEPS

1

LIQUID

6-10 oz cold water or unsweetened almond milk.

2

PROTEIN

1 scoop, aiming for about 20-30g protein.

3

OPTIONAL ADD-INS

Fruit, chia, flax or a small amount of natural nut butter.

QUICK RULE

Protein first. Add ingredients because they serve a purpose - flavor, fiber, healthy fats or workout fuel - not just because they fit in the blender.

EASY SHAKE COMBINATIONS

FOUR SIMPLE, VISUAL MINI-MEAL SHAKES



1 BERRY ALMOND BLAST

- 1 scoop protein powder
- 1 cup mixed berries
- 1 tbsp almond butter
- 1 tsp chia seeds
- Water or unsweetened almond milk



2 CHOCOLATE PEANUT BUTTER

- 1 scoop chocolate protein
- 1 tbsp natural peanut butter
- 1/2 banana
- 1 tsp cocoa powder
- Water or unsweetened almond milk



3 TROPICAL GREENS

- 1 scoop vanilla protein
- 1/2 cup pineapple
- 1 cup spinach
- 1/2 banana
- 1 tbsp ground flaxseed
- Water or coconut water



4 COFFEE ENERGY

- 1 scoop protein powder
- 1/2 cup cold brew coffee
- 1/2 banana
- 1 tsp almond butter
- 1/4 tsp cinnamon
- Water or unsweetened almond milk

COACH TIP Add chia or ground flaxseed for fiber and healthy fats when it fits the meal.

READY-TO-DRINK PROTEIN SHAKES

QUALITY + CONVENIENCE

Use a ready-to-drink shake when a whole-food mini meal is not practical. Aim for roughly 20-30g protein, low added sugar and a protein source you tolerate well.



JOCKO MÖLK

30g

Grass-fed dairy protein; convenient higher-protein option.

ICONIC

20g

Grass-fed milk protein isolate; simple grab-and-go choice.

CLEAN SIMPLE EATS

20g

Grass-fed whey isolate; convenient flavored option.

FAIRLIFE CORE POWER

26g

High-protein dairy option; widely available.

SLATE ULTRA PROTEIN

30g

Shelf-stable, lactose-free convenience option.

WHAT TO LOOK FOR

20-30g protein • little to no added sugar • quality protein source • ingredients you tolerate well

PROTEIN BARS

FOUR HIGH-PROTEIN, LOW-SUGAR CONVENIENCE OPTIONS

Four choices keep the products and guidance large, clear and easy to read.



DAVID

DAVID

28g protein

0g sugar

Very high protein for the calories; highly processed formula.



QUEST

QUEST

21g protein

~1g sugar

Strong dairy-protein base; low sugar; added fiber and sweeteners.



BAREBELLS

BAREBELLS

20g protein

1-2g sugar

Popular taste and macros; milk proteins plus collagen and sweeteners.



ONE

ONE

20g protein

~1g sugar

Convenient low-sugar choice; ingredients vary by flavor.

HOW TO CHOOSE

PROTEIN

Aim for 20-30g when the bar is serving as a mini meal.

SUGAR

Keep total and added sugar low; compare sugar alcohols if they bother you.

INGREDIENTS

Good macros do not automatically mean a minimally processed formula.

ROLE

Use bars for convenience. Whole foods should remain the foundation of your nutrition.

WHOLE FOOD FIRST. BARS ARE A CONVENIENCE TOOL - NOT THE FOUNDATION OF YOUR NUTRITION.