

FREE GUIDE FROM CANNON COACHING

# THE SUNDAY NIGHT GUILT

What if the "perfect" meal prep you see on Instagram is actually why you keep failing? Let's try something else.

**CANNON**  
**COACHING**

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It's Sunday night. You're standing over a mountain of raw chicken and a pile of plastic tubs. You've just spent £60 at the supermarket because this is the week you get serious. But you're tired. The thought of steaming broccoli for three hours straight makes you want to cry.

## 00 THE WEDNESDAY COLLAPSE

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You survived Monday. Tuesday was fine. But now it's Wednesday. You're late finishing work, the commute was a nightmare, and the thought of eating cold, rubbery chicken breast from three days ago is genuinely depressing. So you bin it. You order a takeaway. You feel like a failure.

### THE HARD TRUTH

You aren't the problem. The system is the problem. We weren't built to eat leftovers for five days straight.

#### Day 1

Motivated. Eats perfectly.

#### Day 2

Still going. Slightly bored.

#### Day 3

Bins the lot. Orders pizza.

#### Day 4

Guilt spiral begins again.

# 01 THE STOCKING SECRET

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I stopped prepping and started stocking. It changed everything. Instead of cooking full meals that go stale by Thursday, I fill my fridge with high protein components that stay fresh and take thirty seconds to put together.

STOP

Prepping full meals. Stale by day three.

START

Stocking components. Ready in thirty seconds.

We're moving away from being a chef. We're becoming assemblers. That single shift is what makes this sustainable for real, busy people.

## 02 THE PROTEIN POWER LIST

These are your building blocks. Keep them in the fridge and you're never more than two minutes from a win. No recipes. No faff. Just results.

| FOOD                 | PROTEIN / 100G | WHY IT WORKS                                                   |
|----------------------|----------------|----------------------------------------------------------------|
| Hot counter chicken  | ~30g           | Pick it up on the way home. Zero prep.                         |
| 5% turkey mince      | ~26g           | The cheapest clean protein you'll find anywhere.               |
| Liquid egg whites    | ~11g           | Mix into anything to boost protein without changing the taste. |
| Greek yoghurt / skyr | ~11g           | The ultimate high protein snack or breakfast.                  |
| Jerky                | ~25 to 30g     | Eat it straight from the pack. Even in the car.                |
| Smoked tofu          | ~16g           | No pressing, no frying. Just cube and eat.                     |



Screenshot this table. Send it to a friend. It's the list that actually gets used on a tired Tuesday night.

# 03 THE FIBRE & VOLUME SECRET

Protein builds the muscle, but fibre stops you feeling like you're starving twenty minutes later. In the UK we're notoriously bad at hitting thirty grams of fibre a day. Here's how to do it without eating a bowl of sawdust.

| FOOD                        | FIBRE / 100G | THE EFFORTLESS METHOD                                         |
|-----------------------------|--------------|---------------------------------------------------------------|
| Raspberries                 | 7g           | Throw into your yoghurt. No prep at all.                      |
| Edamame (frozen)            | 5g           | Pour boiling water over them. Done in three minutes.          |
| Lentil pouches              | ~8g          | Two minutes in the microwave. Eat straight from the pouch.    |
| Chia seeds                  | 34g          | Add a spoon to your shake. Enormous win for almost no effort. |
| Shredded cabbage (slaw mix) | 2.5g         | Buy the bag with no mayo. Use as a base for anything.         |



Same rule applies. Screenshot this, save it in your camera roll, and check it in the supermarket aisle.

## 04 COOK ONCE, EAT TWICE

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When I do cook, I follow one rule: never make just one portion. If I'm browning 500g of turkey mince for a chilli, I'll do a kilo instead. It takes the exact same amount of time. The same washing up. The same gas.

### TONIGHT

Half goes into the chilli. Proper meal. Job done. You feel like a functioning adult.

### TOMORROW

The plain half stays in the fridge. Becomes tacos, or a stir fry. Same meat, completely different meal.

### THE RESULT

No leftover boredom. No wasted food. No extra effort. The system works for you.

## 05 OFFICE KIT & SUPERMARKET SNIPER MAP

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The 3pm slump is where goals go to die. The office biscuit tin starts looking like a five star meal. And wandering the supermarket aisles hungry? That's how the Jaffa Cake offers get you, every single time.

### YOUR DESK STASH

- Biltong or jerky, high protein, zero fridge needed
- Protein shakes, pre-mixed or powder
- Tinned mackerel, not glamorous, but it works
- Nut butter sachets, for when you just need something

It won't win a beauty contest. But it stops you eating three doughnuts.

### SUPERMARKET SNIPER ZONES

- The fridge aisle: Arla protein puddings, ~20g. Dessert that works for you.
- The freezer aisle: steam in bag veggies. No boards, no mess.
- The hot counter: rotisserie chicken. The ultimate "I'm exhausted" dinner.
- The deli counter: bresaola, pastrami, smoked tofu. Ready right now.

## 06 THE OUT AND ABOUT MANUAL

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Life happens. You're at a service station on the M1. Usually that means a soggy sandwich, a bag of crisps, and the quiet resignation that today is a write off. It doesn't have to be. You just need to know where to look.

### Boots / M&S

Protein pots (egg and spinach), Arla protein mixes, jerky. You can hit 50g of protein without even sitting down.

### Costa / Starbucks

Protein pots at the counter, egg bites. Better choices are hiding in plain sight, you just have to skip the pastry shelf.

### The Golden Rule

Never arrive at a service station starving. Keep one emergency snack in your bag or glovebox at all times. Biltong travels well.



## 07 LIQUID SHORTCUT & LAZY TOOL KIT

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Sometimes you can't be bothered to chew. After a long day, even a chicken breast feels like hard work. And washing up three pans at 9pm? Absolutely not.

### THE LIQUID HACK

Clear whey is the closest thing to a cheat code I've found. It tastes like juice, not a thick, chalky milkshake. Drink it while you're cooking dinner. By the time the food's ready, you've already hit 25g of your protein target.



### THE LAZY TOOL KIT

- Kitchen scissors, cut chicken directly into the pan
- Microwave rice pouches, ninety seconds, zero stress
- One pan meals, everything goes in together
- Kettle and boiling water, edamame, noodles, done

Less washing up equals less stress equals more consistency, which is the body you actually want.

## 08 THE END OF THE STRUGGLE

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You don't need more willpower. You need a better plan, one that accounts for the fact that you're tired, busy, and human.

01

Stock, don't prep. Fill your fridge with building blocks, not full meals.

02

Double everything. Cook once, eat twice. Same effort, twice the value.

03

Build your stash. Desk, bag, glovebox. One emergency snack changes everything.

04

Pick one thing. Don't try to be perfect tomorrow, just 1% more prepared.

You've got the list. You've got the tables. Now pick one thing and do it this week.

WHAT COMES NEXT

## I'M BUILDING A SPACE FOR PEOPLE WHO WANT RESULTS WITHOUT THE NOISE

I'm building a space for people who want to look good and feel strong, without making fitness their whole personality. No fluff. No "rise and grind" nonsense. Just the shortcuts that work in a busy life.

If you're tired of the noise and just want the results, here's what working together looks like.

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