

10-Minute Realtor Meal Guide

QUICK, ENERGIZING MEALS FOR AGENTS ON THE GO

Whether you're running between showings or squeezing in a lunch during a contract call, this guide is your go-to for staying fueled without the drive-thru.

Meal Prep Tips to Stay Ready

- Stock your fridge with grab-and-go proteins (grilled chicken, hard-boiled eggs, deli turkey).
- Keep a snack bin in your car (protein bars, nuts, jerky, fruit).
- Use a cooler bag during showing days – hydration + food = no burnout.

Breakfast Ideas (under 10 min)

Protein Smoothie

- 1 scoop protein powder
- 1 cup unsweetened almond milk
- 1 tbsp nut butter
- ½ banana or berries
- Optional: greens or chia seeds
- Blend + go!

Microwave Scramble Cup

- 2 eggs, handful of spinach, turkey sausage crumbles
- Microwave 1–2 min in a mug
- Add hot sauce or avocado

Quick Toast Combo

- Gluten-free or whole grain toast
- Smashed avocado + hemp seeds OR
- Almond butter + sliced banana

Lunches to Pack or Grab Fast

Build-a-Bowl

- Base: Greens, quinoa, or cauliflower rice
- Protein: Grilled chicken, tuna, or leftover steak
- Toppings: Veggies, olives, seeds
- Drizzle with olive oil + vinegar or tahini dressing

Wrap & Roll

- Collard greens or gluten-free tortilla
- Fill with hummus, turkey, shredded carrots, cucumber
- Roll tight and pack!

Soup & Side Combo

- Store-bought low-sodium soup (lentil, chicken, veggie)
- Pair with apple + handful of almonds

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Dinner Shortcuts (after a long day)

Sheet Pan Dinner (Prep in 10 min)

- Toss protein (salmon, chicken, tofu) + veggies in olive oil + seasoning
- Bake at 400°F for 20 mins
- While it cooks, unwind or finish emails

Zoodle or Pasta Bowl

- Cook zoodles or chickpea pasta
- Add pre-cooked meatballs or rotisserie chicken
- Top with pesto or marinara

DIY Tacos

- Corn tortillas or lettuce wraps
- Fill with ground turkey, beans, slaw mix, salsa

Smart Snacks for Showing Days

- Protein bars (look for <7g sugar, >10g protein)
- Apple + peanut butter
- Rice cakes + tuna or hummus
- Turkey jerky + almonds
- Greek yogurt (or coconut-based) + chia seeds

Hydration Hack:

Start your day with water before coffee. Keep a water bottle in your car and refill after every showing.

Remember:

You can't pour into your clients from an empty cup. Fuel yourself like your business depends on it — because it does.
