

PREP ONCE & EAT ALL WEEK

Plan Your Meals & List the Steps to Prep Each Meal

Be very specific. Rather than "chop vegetables", list "chop onion, chop carrots, chop potatoes".

Color-coding the meals and steps can also be helpful, especially on the next page.

Meal: _____

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Meal: _____

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Meal: _____

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Meal: _____

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Meal: _____

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☆ Take all your prep steps from the previous page and organize them in an order that works in your prep space and maximizes your productivity. (i.e. Let quinoa simmer while chicken is in the oven and you chop vegetables. Number the steps to help keep you on track.)

In the oven:

On the stovetop:

Chop:

Mix/Toss/Assemble:

To do the night of: