



meal prep session

One focused session that makes several meals easier.

COOK ONCE

- ☐ one protein / main
- ☐ one grain / starch
- ☐ one tray of vegetables
- ☐ one sauce / dressing

MAKE EASY

- ☐ wash grab-and-go produce
- ☐ portion snacks
- ☐ prep breakfast option
- ☐ set out containers
- ☐ label leftovers

USE FIRST

Ingredients that will spoil soon.

MEALS THIS BECOMES

PREP ORDER

Start the longest cook first, then stack no-cook jobs while the oven or pot works.



portion + leftover labels

Keep the useful part of meal prep: knowing what is ready.

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

WHAT _____

MADE _____ USE BY _____

