

MEAL PREP CHECKLIST

1 TAKE INVENTORY

What do you have in your fridge, freezer, or pantry that you want to use in your meals for the week? This helps prevent food waste and helps you use what you already have on hand!

3 MAKE YOUR LIST

Make a grocery list, being sure to include all ingredients in any recipes you're making, as well as pantry staples you need to stock up on.

5 COOK & PREP

Get busy in the kitchen! Start by preparing items that take longer to cook so that you multitask and prepare other foods simultaneously.

2 PLAN MEALS

What are you in the mood for this week?! Browse recipes or brainstorm what you want to eat, taking into account a protein, fat, and fiber-filled carb at each meal.

4 SHOP

Head to your favorite grocery store, and pick up everything you need for the week. Or, save some time with a grocery pick up or delivery order.

6 EAT

Eat healthy all week long! Prepping meals and snacks requires a little effort and planning, but it's one of the best healthy habits you can practice to support your health.

MEAL PLAN

SUNDAY

M O N D A Y

T U E S D A Y


T H U R S D A Y

F R I D A Y

S A T U R D A Y


GROceries

PRODUCE



PROTEIN

DAIRY



GRAINS

FROZEN

MISC