

VEGETARIAN BATCH PREP ORGANIZATION

Prep Date: _____

Goal: [] Weekday Lunches [] Family Dinners

COMPONENT	PREPPED ITEMS (QUANTITY/METHOD)	STORAGE INFO
PROTEINS Legumes / Tofu		
GRAINS Rice / Quinoa / Pasta		
PRODUCE Chopped Veg / Greens		
ROASTED Sheet Pan Items		
FLAVOR Sauces / Dressings		
SNACKS Fruit / Nuts / Dips		

Additional Preparation Notes & Reminders: