

GROCERY & MEAL PREP EFFICIENCY SCHEDULE

WEEK OF: _____ FOCUS: MINIMUM FRICTION

PHASE	TIME BLOCK	ACTIVITY	DONE
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Inventory	Fri 08:00 PM	Quick pantry audit & digital list sync	
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	Sat 09:00 AM	Finalize 3 core recipes & snacks	
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Sourcing	Sat 10:30 AM	Grocery Store Run (In-store or Pick-up)	
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	Sat 11:45 AM	Produce washing & immediate storage	
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Preparation	Sun 04:00 PM	Bulk protein & grain cooking	
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	Sun 05:30 PM	Portioning for Mon-Wed lunches	
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HIGH PRIORITY ITEMS / SUBSTITUTIONS