

WEEKLY MEAL PREP MASTER

Week of: _____

PHASE 1: PLANNING

Choose 3 main recipes
Inventory fridge & pantry
Write grocery list
Clear kitchen counters

PHASE 2: SHOPPING & PREP

Grocery shop / Pickup order
Wash & dry all produce
Chop vegetables & fruits
Portion out snacks

PHASE 3: COOKING

Cook grains (rice/quinoa)
Prepare proteins (bake/grill)
Mix sauces or dressings
Assemble grab-and-go boxes

PHASE 4: CLEANUP

Wash prep dishes & pans
Wipe down stove & counters
Empty trash & compost
Organize fridge by date

MENU OVERVIEW

MON
TUE
WED
THU
FRI
SAT
SUN

NOTES & IMPROVEMENTS