

WEEKLY PREP & CHORES

WEEK OF:

DAY	BREAKFAST & LUNCH	MAIN DINNER
Monday	...	...
Tuesday	...	...
Wednesday	...	...
Thursday	...	...
Friday	...	...
Saturday	...	...
Sunday	...	...

PREP CHORES

Wash & Chop Veggies

Portion Snacks

Cook Grains/Base

Sanitize Surfaces

Organize Fridge

INVENTORY NEEDED

NOTES