

WEEKLY MEAL PREP & CHORES

WEEK OF: _____

MENU PLANNER

DAY	BREAKFAST	LUNCH	DINNER
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PREP CHORES

Wash/Chop Veggies

Portion Proteins

Cook Grains/Rice

Prepare Sauces

Label Containers

Clean Fridge

Inventory Pantry

Set Out Compost

GROCERY LIST

KITCHEN REMINDERS