

# WEEKLY MEAL PREP

WEEK OF: \_\_\_\_\_

| DAY       | BREAKFAST | LUNCH | DINNER |
|-----------|-----------|-------|--------|
| Monday    |           |       |        |
| Tuesday   |           |       |        |
| Wednesday |           |       |        |
| Thursday  |           |       |        |
| Friday    |           |       |        |
| Saturday  |           |       |        |
| Sunday    |           |       |        |

## PREP TASKS & CHORES

- Grocery Shopping.....
- Wash & Chop Vegetables.....

Cook Grains / Proteins

Portion Into Containers

Clean Kitchen / Organize Fridge

**SHOPPING LIST HIGHLIGHTS**