

CLEAN EATING PREPARATION TIMELINE

Weekly Strategic Meal Prep Guide

FRIDAY / SAT

Planning & Inventory

- Audit pantry staples (grains, oils, spices)
- Map out 5 dinners and 3 rotating lunches
- Create categorized grocery list (Produce, Protein, Bulk)

SUNDAY AM

Procurement & Wash

- Shop Farmers Market or Grocery Store
- Wash and thoroughly dry all leafy greens
- Soak legumes or nuts if required

SUNDAY PM

The Bulk Prep (2 Hours)

- **Roast:** Sweet potatoes, broccoli, and peppers
- **Grains:** Boil a large pot of quinoa or brown rice
- **Protein:** Grill chicken breasts or bake tofu blocks
- **Sauces:** Blend one vinaigrette and one creamy dressing

WED EVENING

Mid-Week Refresh

- Chop fresh veggies for final 2 days
- Prepare a fresh batch of overnight oats or chia pudding
- Check leftovers for freshness; freeze what won't be eaten

PREP NOTES & GOALS

Clean Eating Prep Template â€” Focus on Whole Foods & Minimal Processing