

# KETO MEAL PREP TIMELINE

Weekly Low-Carb Organization Strategy

Week of: \_\_\_\_\_

## **FRIDAY**

Inventory fridge & pantry Audit

Select 3 proteins / 5 low-carb veggies

## **SATURDAY**

Bulk grocery shopping Shop

Wash and dry leafy greens & cruciferous veggies

## **SUNDAY**

Roast proteins (Chicken, Beef, or Salmon) Cook

Prepare "Fat Bombs" or keto snacks

Portion into airtight containers

## **WEDNESDAY**

Mid-week freshness check

Quick-sear secondary protein (Shrimp/Eggs) Refresh