

MONTHLY MEAL PREP TIMELINE

WEEK 1: PLANNING

- Inventory pantry, fridge, and freezer contents.
- Select 4-5 core recipes for bulk rotation.
- Create master grocery list (Produce, Dry Goods, Proteins).

WEEK 1: BULK BUY

- Purchase non-perishables and bulk proteins.
- Portion and freeze meats in specific marinades.
- Batch cook grains (Rice, Quinoa) to freeze.

WEEKLY (SUN/MON)

- Wash and chop fresh vegetables for the next 5 days.
- Prepare "Quick-Grabs" (Hard boiled eggs, snacks).
- Thaw next 2 days of pre-portioned proteins.

DAILY MAINTENANCE

- Assemble pre-chopped ingredients for dinner.
- Pack lunches for the following day.
- Quick clean of high-traffic kitchen surfaces.

NOTES / ADJUSTMENTS: