

VEGETARIAN MEAL PREP TIMELINE

Week of: _____ Total Time: 120 Mins

- | | |
|--------------------------|--|
| 00:00 -
00:15 | <ul style="list-style-type: none">• Preheat oven to 400F (200C).• Rinse and drain chickpeas, lentils, or beans.• Start boiling water for grains (Quinoa/Rice). |
| 00:15 -
00:45 | <ul style="list-style-type: none">• Chop hardy vegetables (Sweet potatoes, broccoli, carrots).• Toss veggies in oil/spices and place on roasting trays.• Simmer grains and set timer. |
| 00:45 -
01:15 | <ul style="list-style-type: none">• Prepare cold proteins (Tofu pressing or Marinating).• Wash and dry leafy greens.• Whisk together 2-3 salad dressings or sauces. |
| 01:15 -
01:45 | <ul style="list-style-type: none">• Remove roasted veggies from oven to cool.• Portion out grains into individual containers.• Dice "fresh-use" items (Cucumber, bell peppers, herbs). |
| 01:45 -
02:00 | <ul style="list-style-type: none">• Final assembly of grab-and-go jars.• Label containers with dates and contents.• Quick kitchen wipe-down. |

NOTES / SUBSTITUTIONS