

WEEKLY MEAL PREP TIMELINE

Week Of: _____

Prep Duration: _____

Main Protein: _____

Focus: ☐ Healthy ☐ Quick ☐ Budget

PHASE / TIME	TASKS & OBJECTIVES	EQUIPMENT / NOTES
Stage 1: Ovens & Grains	Preheat oven to 400F/200C	<i>Hardest items first. Use timers for every station.</i>
	Start rice, quinoa, or pasta water	
	Roast root vegetables & tubers	
Stage 2: Proteins	Season & sear proteins (Chicken/Tofu/Beef)	<i>Check internal temperatures. Do not overcook.</i>
	Move proteins to oven or slow cooker	
	Hard-boil eggs for snacks	
Stage 3: Chopping	Chop raw vegetables for salads	<i>Keep "wet" and "dry" ingredients separate.</i>
	Mince garlic, ginger, and herbs	
	Portion out fruit portions	
Stage 4: Sauces	Whisk dressings and vinaigrettes	<i>Store sauces in small jars to prevent sogginess.</i>
	Blend smoothies or protein shakes	
	Prepare marinades for mid-week	

**PHASE /
TIME**

TASKS & OBJECTIVES

EQUIPMENT / NOTES

**Stage 5:
Assembly**

Layer containers (Heavy items on
bottom)

*Let cooked food cool before
sealing lids.*

Label with date and contents

Clear fridge for organized storage

SHOPPING LIST REMINDERS: