

Meal-Prep Planner

A calmer week starts with a few things prepared.

WEEK COMMENCING

PREP DAY

Meals I'm Preparing Batch it once, eat it twice.

MEAL	PORTIONS	PLANNED DAY(S)

Prep Tasks Tick them off as you go.

TASK	EST. TIME	DONE
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Prep Day Checklist

COOK	CHOP	PORTION	FREEZE
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____
☐ _____	☐ _____	☐ _____	☐ _____

FRIDGE ITEMS _____ _____ _____	FREEZER ITEMS _____ _____ _____
EAT FIRST _____ _____ _____	DEFROST REMINDER What comes out of the freezer, and the night before. _____

MINUTES	PREP IN 60 MINUTES — WHAT HAPPENS WHEN
0-15	
15-30	
30-45	
45-60	