



Most of us don't have the time or the energy to make a healthy home cooked meal. By having a **Prep day** you can have dinner on the table in a flash all week long. **Prep day** takes the guess work out of what's for dinner/lunch/breakfast and allows you to make healthy choices at each meal.

Steps to Success

- Choose a consistent day to be your Prep day
Sun. Mon. Tues. Wed. Thurs. Fri. Sat.
- Choose meal/recipes for the week
- Create a shopping list
- Grocery shop
- Don't put the groceries away... start prepping food
- Prep
 - Clean/Cut/Chop vegetables
 - Clean/Cut fruits
 - Cook/bake/grill meats/fish/poultry ahead
 - Prepare whole grains ahead
 - Make soups and casseroles
 - Prepare anything you can ahead of time
- Portion out meals/snacks into reusable containers and bags
- Enjoy a week of stress-free healthy meals!



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Lunch							
Dinner							

Vegetables	Fruit	Proteins	Grains	Dairy	Frozen/ Canned	Misc
_____	_____	_____	_____	_____	_____	_____
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