



Meal Prep CHEAT SHEET

2. Schedule It

Block out prep time on your calendar and set reminders.

4. Pre-Prep

Cut veggies, mix dry ingredients, assemble equipment.

6. Plan Leftovers

Cook enough for leftovers for next day or in new recipe.

8. Pre-prepare

Keep precut veggies, & prepared sauces on hand.

1. Start with a Plan

A weekly meal plan means you know exactly what you need.

3. Simplify

Eat the same thing for breakfast, lunch and snacks for a week.

5. Batch Cook

Double up recipes for soup, chili, & favorite recipes. Freeze.

7. Use Appliances

Save time with Instant Pot, air fryer, rice cooker, and crock pot

9. Go-to Recipes

Find a few recipes you can cook quickly and keep ingredients on hand.