#### PICK A DAY

Pick a day of the week that you can spend a few hours prepping and cooking!



## TIME TO COOK

Stay organized and go day-by-day. Label tupperware to make it easy for the week.

## PLAN YOUR MEALS

Go through the meal plans, or create your own weekly meal guide (see below for a template)!

# MAKE YOUR LISTS

Create your grocery lists and make it detailed based on days or meals!

### DO YOUR SHOPPING

Figure out how much of everything you'll need, and head to the store!

# WEEKLY MEAL PLAN WEEK OF WHAT'S ON **GROCERY** LISTS THE MENU **LUNCH IDEAS BREAKFAST IDEAS MEAL PREP**

## WHAT YOU'LL NEED & TOOLS THAT HELP

Storage Containers (I like glass ones)

- BPA Free
- Freezer Safe
- Dishwasher Safe
- Microwavable
- Stackable
- Reusable

Mason jars are also great for storage!

An Instant Pot and a Slow Cooker will become your best friends!



#### **OTHER**

Aside from specific meals, I like to prep hard boiled eggs, sheet trays of roasted veggies, shredded chicken, energy bites, & cut up veggies to have on hand for the week!