



MEAL PREP ON THE WEEKEND

Simple steps to support your routine.

Preparing meals ahead of time can make healthy eating feel more manageable, especially when time is limited.



1

STEP 1: LOOK AHEAD



Write down what days next week will you need pre-made meals?

🕒 5 min

2

STEP 2: MAKE A MENU



Jot down ideas for your meals.

🕒 15 min

3

STEP 3: SHOP FOR INGREDIENTS



Check your cabinets and fridge and make a list to buy the ingredients needed for your meals.

🕒 45 min

4

STEP 4: COOK FOR THE WEEK



Cook time-consuming foods ahead of time, like lean proteins, vegetables, and grains.

🕒 60 min

5

STEP 5: STORE IT CONVENIENTLY



Pack your prepared food in clean, stackable containers for easy access.

🕒 15 min



PRO TIP

Start small—prep just one meal or snack to begin.