



MEAL PREP ON THE WEEKEND



Simple steps to stay organized.



Preparing meals ahead of time can help save time, reduce stress, and make healthy eating easier during the week.



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.