

Meal Plan

Recipe:

Servings:

Prep Time / Cook Time:



SHOP

List ingredients and what to buy ahead of time.

Tip: Group your list by store sections — produce, protein, pantry, dairy, frozen.



PREP (Ahead of Time)

What can you wash, chop, cook, or mix before the day of?

Example: Cook grains, roast veggies, make sauce, or marinate protein.



DAY OF (Assembly or Reheat)

Steps to bring everything together quickly.

Example: Reheat grains, toss salad, add sauce, or garnish before serving.



STORAGE NOTES

How to store each part of the recipe.

Component	Container Type	Fridge Life	Notes
Protein			
Grain			
Veggie			
Sauce			

Tip: Use labels and dates to stay organized.



CROSS-USE IDEAS (Batch Once, Eat Twice)

Use leftovers or prepped ingredients in another meal.

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Example: Use cooked lentils in soup, wraps, or bowls later in the week.