

Meal Plan

Recipe:

Servings:

Prep Time / Cook Time:



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
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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.