

20 Prep Day Foods

Items

- Chop Vegetables and Fruit
- Chop Salad and Sandwich Ingredients
- Marinate Meats
- Form Meat Patties: Hamburgers, Meatballs, Meatloaf
- Cook Meats: Whole Chicken, Ham, Brown Beef, Crock-Pot Beef Roast and Shred /Slice Meats
- Cook Soup
- Bake Muffins, Bread, Biscuits (Biscuits and muffins can be stored raw in the freezer.)
- Cook Pancakes or Waffles
- Make Pancake/Waffle Dry Mix
- Cook Beans, Lentils, Rice, Pasta
- Make Quiche, Mini-Quiche (in muffin tin)
- Hard Boil Eggs
- Slice Snack Veggie Sticks: Carrots, Celery, Cucumber, Broccoli, Peppers and/or Roast Vegetables
- Prepare Salad Dressing(s)/Dips
- Shred/Slice Cheese
- Assemble Burritos: Breakfast, Bean, Meat
- Assemble Salads/ Sandwiches/ Wraps: Lunch Main Staples
- Assemble Freezer Smoothie Packs or Prepare Ready-Made Smoothies
- Make Spagetti/Pizza Sauce
- Make Treats: Lara-Like Bars, Homemade Granola Bars, Homemade Granola, Cookies