

Prep Times Action Plan

1

Based on my schedule, what are the busiest days/times this week?

Sunday
AM PM

Monday
AM PM

Tuesday
AM PM

Wednesday
AM PM

Thursday
AM PM

Friday
AM PM

Saturday
AM PM

2

Based on my meal plan and schedule, what can I prep this week to reduce my time in the kitchen?

List everything you could possibly prep. (For example: Monday night is super busy and I plan on making fajitas, so I could marinate chicken, chop fajitas veggies, shred cheese. I'll write *Fajitas: chop veggies, shred cheese, marinate meat.*)

3

Based on my list what are my top food priorities that will maximize my prep time and help my week run smoother?

(For example: I need veggies for fajitas, snacks, and soup this week so I'll chop veggies. I'll write *Chop veggies for fajitas, soup, and snacks.*)
