

BUILD YOUR MEAL PLAN!

Choose two main proteins.

Chicken, meat, fish, or vegetarian mains are what we're looking for here. It can be in the form of a stew or a protein that's grilled, baked, etc. Make this your own! I like to make one of these mains in bulk so it can serve as a double-duty recipe. That means it can be served for two meals in two different ways. For example, you could make a double batch of grilled chicken thighs to serve in a sandwich one day and alongside rice and vegetables the next day. Throw in one small batch of taco meat for the other night, and boom—you have your protein for three nights!



Choose a grain/starch.

More power to you if it can make its way into two meals. Rice, quinoa, farro, kasha . . . a batch of grains holds up well in the fridge, fills up a crowd, and gives you a base for various dinner (and leftover lunch) options!



Choose 2 or 3 vegetable side dishes.

Keep in mind which roasted veggies or side dish recipes would pair well with the mains you've picked. You should aim to fit these side dishes into two dinners. Keep things simple: use a good old sheet pan and season with olive oil, salt, and any herbs or spices you choose. Or perhaps it's coleslaw, a prepped salad, or pickled vegetables. Up to you!



Choose 2 sauces.

These are toppings, dressings, dips, and add-ons that make meals more flavorful and fun all week long. I believe they're the holy grail for any good meal prep. Choose sauces that can enhance the proteins you've selected, and make a double batch of both so they can be used with lunch as well. Now we're talkin'!



Assemble and tie it all together.

Fill in the chart below with your choices from steps 1-4. Aim to serve fish on Monday so it's freshest. Chicken and/or meat can be served through Wednesday. Thursday can be a fun meal that's vegetarian or vegan utilizing some staples

prepped on Sunday, such as a pizza with roasted broccoli from Sunday or freshly made pasta with roasted mushrooms and onions from Sunday. Plug everything in and make sure you're satisfied with the menu.

Monday

Proteins: _____

Grain/starch: _____

Vegetable sides: _____

Sauces: _____

Additional items: _____

Tuesday

Proteins: _____

Grain/starch: _____

Vegetable sides: _____

Sauces: _____

Additional items: _____

Wednesday

Proteins: _____

Grain/starch: _____

Vegetable sides: _____

Sauces: _____

Additional items: _____

Thursday

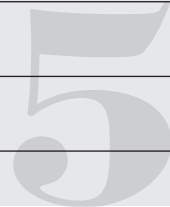
Proteins: _____

Grain/starch: _____

Vegetable sides: _____

Sauces: _____

Additional items: _____



Build your Sunday Prep order.

Long-cooking proteins or veggies should go in first. Soups, stews, or roasted veggies typically go next. Figure out which items you can multitask while cooking, and do those next. Make a note of items you may just want to assemble or marinate ahead, then cook fresh just prior to serving. Finish your prep with your chosen sauces, as they usually don't need any cooling time.

Sunday Prep:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

6

Build your grocery list and get prepping!

Whether you're a physical list or a phone memo person, make an organized list of what you need, ordering it by grocery store aisle (produce, meat, etc.). Be sure to add any other essentials you need for the week (milk, eggs, etc.) and additional items you'll need to assemble your dinners (buns, condiments, pasta, etc.). Bang out your grocery shopping in person or online to save even more time. Either way, your goal is to shop once for the week so you can relax for the rest of it.

You just built your very own meal plan. Kudos!