Meal Prep Component Ideas

Complete as few or as many as you like!

DIPS AND DRESSINGS

- [ ] MAKE A HEALTHY DRESSING OR SAUCE (GARLIC TAHINI, STRAWBERRY VIN)
- [ ] MAKE A GREEK YOGURT DIP (RANCH, TZATZIKI, GARLIC, DILL PICKLE, FRUIT DIP)
- [ ] HOMEMADE HUMMUS OR PESTO
- [ ] CHIA SEED JAM

HEALTHY SNACK PREP

- [ ] GREEK YOGURT PARFAITS
- [ ] VANILLA PROTEIN PUDDING OR CHIA PUDDING
- [ ] HEALTHY PROTEIN MUFFINS, PROTEIN DONUTS, OR COTTAGE CHEESE BAGELS

FRUIT AND VEGETABLE PREP

- [ ] WASH AND CHOP VEGETABLES
- [ ] WASH AND DICE UP FRESH FRUIT FOR EASY GRAB-AND-GO
- [ ] PREP A FRUIT SALAD FOR THE WEEK

GRAINS AND PROTEINS

- [ ] BATCH COOK A GRAIN (RICE, FARRO, QUINOA) & FREEZER WHAT YOU WON'T USE
- [ ] HARD-BOIL EGGS
- [ ] COOK CHICKEN, GROUND BEEF, OR GROUND TURKEY FOR A MEAL (USE IN 3 DAYS)
- [ ] BATCH COOK LENTILS OR BEANS TO SAVE MONEY AND FREEZE LEFTOVERS

MISCELLANEOUS

- [ ] PREP COMPONENTS FOR CHILD'S LUNCH IN ADVANCE FOR EASIER MORNINGS
- [ ] FREEZE LEFTOVER HERBS, BROTH, OR SAUCES IN ICE CUBE TRAYS
- [ ] PORTION TRAIL MIX OR SNACKS INTO GRAB-AND-GO CONTAINERS
- [ ] BLEND COTTAGE CHEESE & PUT BACK INTO CONTAINER

THIS WEEK'S INTENTIONS:

HEALTHY BREAKFASTS FOR BUSIER MORNINGS

EASIER DINNER PREPARATION

Meal Prep Component Ideas

Complete as few or as many as you like!

DIPS AND DRESSINGS

- [ ]
- [ ]
- [ ]
- [ ]

HEALTHY SNACK PREP

- [ ]
- [ ]
- [ ]

FRUIT AND VEGETABLE PREP

- [ ]
- [ ]
- [ ]

GRAINS AND PROTEINS

- [ ]
- [ ]
- [ ]
- [ ]

MISCELLANEOUS

- [ ]
- [ ]
- [ ]
- [ ]

THIS WEEK'S INTENTIONS:

Meal Planner for the Week

30-MINUTE PREP:

- WASH AND CUT UP FRESH FRUIT & VEG
- LEMON HERB VINAIGRETTE
- BLEND COTTAGE CHEESE
- YOGURT PARFAIT
- BATCH COOK LENTILS
- HOMEMADE HUMMUS
- GARLIC TAHINI DRESSING

HEALTHY SNACK IDEAS

- YOGURT PARFAIT
- GREEK YOGURT DIP FOR FRUIT OR VEGGIES
- PROTEIN PUDDING
- HOMEMADE HUMMUS AND TRISCUITS

LUNCH IDEAS

BREAKFAST IDEAS

- OVERNIGHT OATS & TOP WITH CUT UP FRUIT
- ALREADY PREPPED YOGURT PARFAITS

DINNER

Day 1	CHICKEN WITH ROASTED VEGETABLES & GARLIC TAHINI DRESSING
Day 2	EASY STIR-FRY WITH CUT UP VEGETABLES
Day 3	10-MINUTE LENTIL SALAD
Day 4	
Day 5	
Day 6	
Day 7	

NOTES

USE THE VINAIGRETTE FOR DENSE BEAN SALAD LUNCH PREP

Weekly Meal Planner

30-MINUTE PREP:

SNACKS FOR THE WEEK:

LUNCH IDEAS

BREAKFAST IDEAS

DINNER

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

NOTES