

# Weekend Food Prep

## Saturday afternoon:

- FINALIZE MEAL PLAN FOR THE WEEK
- PRINT NEW RECIPES
- REMOVE INGREDIENTS FROM FREEZER AND THAW IN FRIDGE

## Sunday afternoon or evening:

- CHECK THE FRIDGE & MAKE A PLAN FOR "EDGY" FOOD
- PREP-COOK MEATS
  - CHICKEN
  - GROUND MEATS
  - BACON
  - \_\_\_\_\_
- HARD-BOIL EGGS
- PREP VEGETABLES
  - LETTUCE
  - ONIONS
  - CELERY
  - CARROTS
  - PEPPERS
  - GARLIC
  - \_\_\_\_\_
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- OPTIONAL: GET A BIG CROCKPOT OF STEEL CUT OATS OR A BREAKFAST CASSEROLE READY TO START JUST BEFORE BED.

