



# Weekly MEAL PREP PLAN

Week of: \_\_\_\_/\_\_\_\_/\_\_\_\_

DAY	BREAKFAST	LUNCH	DINNER	DESSERT/SNACKS	SHOPPING LIST
MON					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
TUE					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
WED					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
THU					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
FRI					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
SAT					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....
SUN					<input type="checkbox"/> ..... <input type="checkbox"/> ..... <input type="checkbox"/> .....

# Camille Rose Wellness

## How To Meal Prep 101

### Step - by - step guide

**Step 1:** Choose a day to plan out what you're going to eat for breakfast, lunch, dinner, dessert and snacks for each day of the week so that you don't have to worry about what to make. You already have a plan!

**Step 2:** Write out your food shopping list. Based on what you're going to cook for the week, see what you can get ahead of time and write out all of the ingredients that you'll be needing to make each dish. Plan for a day to go the food store and purchase as much as you can in advance so you don't have to make multiple trips.

**Step 3:** Choose a day to meal prep. Based on what dishes you've planned to make throughout the week, see what you can make ahead of time. Can you make a big batch of something (ex: roasted chicken, stewed beans, salad dressing, dips, cooked grains) and repurpose it for multiple dishes?  
*For Example:* Make a big batch of roasted veggies. Use them as a side for one of your dishes, in a salad, or even turn them into a soup. Take one dish and transform it into something new and delicious!

