



TIP SHEET

Month 1 – Week 1

15-20 minutes of daily prep for upcoming meals

Goal: Always be prepared for tomorrow's meals today.
WEEK 1
<p>Sunday (before Day 1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bulk cooking session should be completed and recipes portioned and stored <input type="checkbox"/> Review Monday meal plans and have any on-the-go items packed and ready
<p>Monday (Day 1)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dinner: follow meal idea in recipe booklet
<p>Tuesday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dinner: follow meal idea in recipe booklet <input type="checkbox"/> Prep for Wed. lunch: If on-the-go; could slice avocado, sprinkle with little lemon juice to prevent browning and store in small container. Place with orange next to chili. (Just remove skin of 1/8 of avocado and place remainder of whole avocado in plastic baggie and store in crisper). <input type="checkbox"/> Lay-out 4 turkey patties to thaw for Wed. & Thurs. dinner
<p>Wednesday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dinner: follow meal idea in recipe booklet <input type="checkbox"/> Prep for Thurs. lunch (avocado and pineapple) <input type="checkbox"/> Review Bulk Cooking Guide for Week 2 and schedule time
<p>Thursday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dinner: follow meal idea in recipe booklet <input type="checkbox"/> Prepare artichoke dill spread for Fri. lunch <input type="checkbox"/> Shop for Week 2 using the prepared shopping list
<p>Friday</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dinner: follow meal idea in recipe booklet. <input type="checkbox"/> Prep kitchen for bulk cooking session