

FOOD PREP KICKSTARTER 5-DAY CHALLENGE

Schedule time to Plan, Shop, and Prep

If you can turn your schedule into a habit, and a routine, it will be easier to follow. So pick your days, and do your best to follow, until it becomes a new habit. This step only needs to be completed once, at the beginning. Adjust until you find a routine that works for you.

1. Schedule 1 hour to plan your prep sessions and meals, and make your shopping list.
2. Schedule 1 hour for grocery shopping.
3. Schedule 1-2 Prep Sessions a week, with 2 hours for each session.

	SUN	MON	TUES	WED	THURS	FRI	SAT
EXAMPLE	Shop: 10am Prep Session: 3-5pm			Prep Session: 5-7pm			Plan: 11am-12pm
YOUR SCHEDULE							

Use WEEKLY MEALS to plan your Prep Sessions and daily meals.

Use MONTHLY MEALS to plan ahead. It is likely that while you are planning you will find more things that you would like to try than you can possibly fit within just two weeks.

Use My Magic Recipes to take note of the recipes and meals that really work for you and your family so that you don't forget about them.

Weekly Meals

Anatomy of a Prep Session

- ONE main dish (soup, stew, casserole)
- ONE sauce, spread, or condiment
- Vegetable prep for daily meals
- Kitchen organization, stocking, cleaning, grocery list etc.

Month _____

Prep Session #1 - M T W T F S S				Prep Session #2 - M T W T F S S				
WEEK 1	SUN Lunch		MON	TUES	WED	THURS	FRI	SAT
	Supper							
Prep Session #1 - M T W T F S S				Prep Session #2 - M T W T F S S				
WEEK 2	SUN Lunch		MON	TUES	WED	THURS	FRI	SAT
	Supper							

Monthly Meals

My Goals _____

Month _____

DATE

WEEK 1

WEEK 2

WEEK 3

WEEK 4

NEXT
MONTH

