PRACTICAL EBOOK AND WORKBOOK

Meal Prep For Busy Families

Plan a week of family dinners in 30 minutes, prep in about two hours, and stop asking "what's for dinner?" at 6 pm.

SAMPLE

Digital Bundle House

Edition 1.0 · 2026 · Guide + workbook

Preview sample - selected pages only. The full guide and worksheets are in the paid download.

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How to use this book

This is a system, not a recipe book. It works with the meals your family already likes.

Most meal-prep advice assumes you have a free Sunday and a family that eats anything. This guide assumes neither. You will start by looking at how your week actually runs, then build a plan around it. The chapters are short and practical, and each one connects to a worksheet in Part Two.

The weekly rhythm you are building

When	Task	Time
Any evening	Plan next week's menu (Worksheet 3)	20 to 30 min
Same evening	Write the grocery list by store section (Worksheet 4)	10 min
Shopping day	One shop, from the list only	45 to 60 min
Prep day	Follow the prep timeline (Worksheet 5)	90 to 150 min
Weeknights	Assemble, heat, eat	10 to 25 min

Start small

If you have never prepped before, plan just three dinners in your first week, not seven. Add more once the routine feels easy. Leaving one or two nights for leftovers, takeaway or something simple is a feature of a good plan, not a failure.

> **What you need**
>
> A set of stackable containers with lids (some freezer-safe), a sheet pan or two, a large pot, a sharp knife, labels or masking tape and a marker, and the printed worksheets.

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CHAPTER 1

Audit your family's real week

A menu that ignores Tuesday swim practice will fail on Tuesday.

Before choosing meals, map your week. For each evening, note who is home for dinner, what time you can realistically eat, and how much time anyone has to cook. You will find that nights fall into a few types, and each type needs a different kind of meal.

Night type	Description	Best meal style
Rush night	Activities, late pickups, under 15 min to get food on the table	Fully cooked and reheated, or a freezer meal
Normal night	20 to 30 minutes available	Prepped ingredients assembled and cooked fresh
Slow night	Someone home early or a relaxed weekend	A fresh recipe, or cooking a double batch for later
Flex night	Unpredictable or eating out	Leftovers, a pantry meal or planned takeaway

Example: the Okafor family

Two parents, children aged 6 and 11. Monday and Wednesday are swim nights (rush), Tuesday and Thursday are normal, Friday is a flex night, and the weekend is slow. Their plan therefore needs two reheat meals, two quick-assembly meals and one flexible night, with weekend time for prep.

Questions for your audit

- Who eats dinner at home on each night, and at what time?
- Who can cook, and for how long?
- Which nights have you ordered takeaway in the past month, and why?
- What breakfasts and lunches need to be prepared ahead?
- Which two-hour block on the weekend is most realistic for prep?

Worksheet 1

Fill in the family week audit before you choose a single recipe. It takes ten minutes and makes the rest of the book much easier.

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WORKSHEET 1

Family week audit

For each day, note who is home, the realistic dinner time, cooking time available and the night type: Rush, Normal, Slow or Flex.

Day	Who is home	Dinner time	Cook time available	Night type	Notes
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Best prep window this week (day and time):

Breakfasts and lunches that need to be made ahead:

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