Meal Prep Planner Printable

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Meal-Prep-Planner-US-Letter.pdf
Print-ready US Letter PDF, 5 pages.

Meal-Prep-Planner-A4.pdf
Print-ready A4 PDF, 5 pages, same layout re-flowed for A4.

Meal-Prep-Planner-Sample-Preview.png
Sample page rendered at 300 dpi (2550 x 3300 px).

PRINTING.txt
Print settings, tips and license summary.

Meal prep session planner

Start with the longest-cooking items

Prep day _____ **Time available** _____

WHAT I'LL PREP

RECIPE / COMPONENT	PORTIONS	CONTAINERS	FRIDGE / FREEZER

TIMELINE

TIME	TASK	EQUIPMENT

SAMPLE

Example prep session (about 90 minu...

TIME	TASK	EQUIPMENT
0:00	Preheat oven to 400 F; start rice	Oven, stove
0:10	Chop vegetables for roasting and stir-fry	Board
0:20	Chicken + veg on sheet pans into oven (25 min)	Oven
0:25	Brown ground turkey for chili; add beans, tomatoes, spices; simmer	Stove
0:45	Take out sheet pans; cool	
0:50	Hard-boil eggs (12 min)	Stove
1:05	Portion into containers; label with date	Counter
1:20	Clean up; fridge and freezer	

SAMPLE

RESULT

COMPONENT	PORTIONS	USED FOR
Roast chicken & veg	4	Lunches Mon-Thu
Turkey bean chili	6	2 dinners + 2 frozen
Rice	6	With chili and stir-fry
Hard-boiled eggs	12	Breakfasts & snacks