

Free Printable Meal Prep Checklist

WEEKLY	CITCHEN PREP
CHOPPING/SLICING	BAKING
vegetable dippers	cookies
cheese slices or sticks	snack cake
grate cheese	quick breads
chop onlors or peppers	bread dough - artisan bread
	granola bars
coo	WEEKLY KITCHEN PREP
hard cooked e	CHOPPING/SUCING
	TIEN PREP
chicken	

Healthy Recipes Checklist

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