



Free Printable **Meal Prep** Checklist

WEEKLY KITCHEN PREP	
CHOPPING/SLICING	BAKING
vegetable dippers	cookies
cheese slices or sticks	snack cake
grate cheese	quick breads
chop onions or peppers	bread dough - artisan bread
	granola bars

COOK
hard cooked e
chicken
taco meat

WEEKLY KITCHEN PREP	
CHOPPING/SLICING	BAKING

Checklist Healthy Recipes

Michael Rajnik

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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