

WEEKEND MEAL PREP PLANNER

Sequence a focused two-hour prep session and cleanup.

US LETTER

TIME	OVEN	STOVETOP	COLD PREP	COOL / STORE
0-15				
15-30				
30-45				
45-60				
60-75				
75-90				
90-105				
105-120				

PRIORITY TASKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

LABEL + STORAGE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

STOP DOING / NEXT TIME

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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A4

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