

Meal Prep Sunday Checklist

A two-hour prep session, in the order that wastes the least time.

DATE

TIME STARTED

TIME FINISHED

Before you start

- | | |
|--|--|
| ☐ Menu decided for the week | ☐ Oven on and preheating |
| ☐ Shopping done | ☐ Kettle on for grains |
| ☐ Containers washed and out | ☐ Bin emptied, sink clear |

Prep order — slowest things first

ORDER	TASK	TIME	DONE
1. Oven on — roast veg & proteins			
2. Grains and pulses on the hob			
3. Chop salad veg while those cook			
4. Make sauces and dressings			
5. Portion into containers			
6. Label with contents and date			
7. Wash up as it cools			

What got prepped

ITEM	PORTIONS	FRIDGE OR FREEZER	USE BY