

Meal Prep Checklist

A step-by-step batch-cooking checklist covering planning, shopping, prepping, cooking, portioning and storage.

Step 1: Plan Your Meals

- ☐ Choose how many meals and days you're prepping for
- ☐ Pick three to five recipes that share ingredients
 - Overlapping ingredients cut waste and lower your grocery bill.
- ☐ Balance each meal with a protein, a grain, and vegetables
- ☐ Check your calendar for nights you'll be out
- ☐ Note any leftovers or pantry items to use up first

Step 2: Make Your Shopping List

- ☐ List every ingredient from your chosen recipes
- ☐ Check the fridge, freezer, and pantry before adding items
- ☐ Group the list by aisle or category
- ☐ Add staples like oil, spices, and storage bags if low
- ☐ Set a budget and note any swaps for sale items

Step 3: Shop and Set Up

- ☐ Shop the full list in one efficient trip
- ☐ Wash produce and put cold items away promptly
- ☐ Clear and wipe down your counters and work surface
- ☐ Gather knives, cutting boards, bowls, and pans
- ☐ Pull out all containers and lids you'll need

Step 4: Prep Ingredients

- ☐ Wash and chop all vegetables at once
- ☐ Trim, portion, and season proteins
- ☐ Measure out grains, sauces, and dressings
- ☐ Marinate proteins that need time to soak
 - Group similar cutting tasks to save time and dishes.
- ☐ Set aside ingredients for fresh items you'll add later

Step 5: Cook in Batches

- ☐ Start the longest-cooking items first, like grains and roasts
- ☐ Roast trays of vegetables while proteins cook
- ☐ Use the oven, stovetop, and slow cooker at the same time
- ☐ Cook sauces and dressings to combine later
- ☐ Taste and season everything before it cools

Step 6: Portion, Label and Store

- ☐ Let cooked food cool before sealing containers
- ☐ Divide meals into single-serving portions
- ☐ Keep dressings and crunchy toppings separate until serving
- ☐ Label each container with the meal and date

- ☐ Refrigerate meals for the next three to four days
- ☐ Freeze the rest in clearly dated containers
- ☐ Wash dishes and reset the kitchen for the week