

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