

# Meal Prep Checklist

Sunday batch cooking — step by step, start to finish.

Prep Date: \_\_\_\_\_ Week: \_\_\_\_\_

## — 1. PLAN & SHOP (FRIDAY – SATURDAY)

- Choose 3–4 base components for the week
- Write shopping list with exact quantities
- Check pantry — note what you already have
- Shop and bring groceries home
- Rinse and dry all fresh produce

## — 2. PREP VEGETABLES (SUNDAY MORNING)

- Wash, peel and dice root vegetables
- Chop onions, garlic, peppers in bulk
- Shred or slice leafy greens — store dry
- Portion fruit for breakfasts
- Portion snack vegetables (carrots, celery)

## — 3. COOK GRAINS & PULSES

- Cook a large batch of brown rice or quinoa
- Cook pasta — rinse, cool, store with a little oil
- Cook or drain tinned lentils / chickpeas
- Bake or boil potatoes / sweet potatoes

## — 4. PREP PROTEINS

- Hard-boil a batch of eggs (6–8)
- Season and bake chicken breasts or thighs
- Brown ground beef or sausage in bulk
- Marinate fish or tofu for midweek meals

## — 5. SAUCES & EXTRAS

- Make a large batch of base or tomato sauce
- Prepare dressings or dips (hummus, vinaigrette)
- Bake granola or muffins for quick breakfasts
- Portion overnight oats into jars (3–4 jars)

## — 6. PACK & LABEL

- Cool all food completely before containerising
- Portion into individual meal containers
- Label each container with contents + date
- Fridge items: use within 4–5 days
- Freeze anything beyond Day 4

