

WEEKLY Meal Prep CHECKLIST

"A little prep today creates an effortless week."



KITCHEN TOOLS

- ☐ Food Processor
- ☐ Food Scale (Food Grade)
- ☐ Meat Thermometer
- ☐ Vacuum Sealer
- ☐ Canning Pot Kit



CONTAINERS & STORAGE

- ☐ Glass Meal Prep Containers
- ☐ Plastic Meal Prep Containers
- ☐ Snack Jars
- ☐ Soup Thermos
- ☐ Canning Jars



SUPPLIES

- ☐ Disposable Labels
- ☐ Nitrile Gloves
- ☐ Bio Trash Bags
- ☐ Disposable Cutlery Kits
(Fork, Spoon, Knife, Napkin, Salt & Pepper)



PLANNING

- ☐ Defined Dish Cookbook
- ☐ Weekly Menu Planned
- ☐ Grocery Shopping Complete
- ☐ Prep Day Scheduled



PREP DATE:



GROCERY BUDGET:



MEALS PREPARED:



SERVINGS:

NOTES 

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Visit EffortlessLifestyle.net for more meal prep inspiration

