PRINTABLE CHECKLIST

The Weekly Meal Prep Checklist

Plan the week. Shop once. Prep it in the right order.

◆ PRINT IT · CHECK IT OFF · BREATHE ◆

Plan the week

Plan around your real week, not an ideal one.

- [ ] **Look at the week's schedule first.** Late nights, dinners out, busy mornings.
- [ ] **Choose recipes that share ingredients.** One bunch of herbs, two meals.
- [ ] **Plan a mix of prep styles.** Fully cooked, prepped components, and quick-cook meals.
- [ ] **Plan one leftover or flexible night.**

Check the pantry

Two minutes that save a second trip.

- [ ] **Check staples against the plan.** Oils, spices, grains, canned goods.
- [ ] **Keep a short list of staples you always want on hand.** With a minimum level.
- [ ] **Use up what's already there.** Plan one meal around it.

NOTES

Build the grocery list

Group by aisle so you walk the store once.

- [ ] **Group the list by store section.** Produce, protein, dairy, pantry, frozen.
- [ ] **Combine quantities.** Two recipes with onions means one line.
- [ ] **Set a grocery budget.** And note what you actually spend.
- [ ] **Buy containers if you need them.** Enough for the week's portions.

Run prep day in the right order

Start what takes longest first; work while it cooks.

- [ ] **Preheat the oven first.**
- [ ] **Start the longest cook times.** Roasts, grains, beans, anything in the oven.
- [ ] **Chop while things cook.** Vegetables, aromatics, fruit.
- [ ] **Use the stovetop in parallel.** Sauces, sautéed vegetables, eggs.
- [ ] **Clean as you go.**
- [ ] **Cool food before sealing containers.**

NOTES

Store and label

What you can see, you'll eat.

- [ ] **Label containers with contents and date.**
- [ ] **Put the earliest meals at the front.**
- [ ] **Freeze what you won't eat in the next few days.**
- [ ] **Keep sauces separate.** Things stay crisp.

Review

Two questions that make next week easier.

- [ ] **Note what got eaten and what didn't.**
- [ ] **Note what you spent.** Against the budget.
- [ ] **Keep the recipes that worked.** Build a rotation.

> **If you take one thing from this checklist:** start the longest cook first. Most of a slow prep day is waiting on the oven — sequence the work around it and the whole session gets shorter.

> **Please note:** This is a general meal-planning guide, not medical or nutrition advice. For specific dietary needs or health conditions, talk to a healthcare provider or registered dietitian, and follow current food safety guidance for storing cooked food.

NOTES

WHEN PAPER STOPS BEING ENOUGH

This checklist can't write your grocery list.

Paper works for one week. Then you are copying ingredients from four recipes onto a list, checking the pantry by memory, and working out which pan goes in first.

The MDRN Meal Prep Planner

A weekly meal grid, a grocery list that builds itself by aisle, a Prep Flow Timeline, pantry inventory and a grocery budget. Opens in any browser.

mdrn-milestone-website.vercel.app/planners/meal-prep.html

◆ $18, once. Yours forever. ◆