

Game Plan: Prep Like a Pro

Finding time in your week to batch prep ingredients, batch cook ingredients, or batch cook meals can make cooking throughout the week a less time consuming task. Think through schedule—which days do you have pockets of time that you could prepare items for a future meal? Which days are you too busy to even cook? Knowing your schedule can help you plan like a pro. Based on the meals that you want to cook this week, think through ways you could maximize your time and effort in the kitchen.

Meals to Cook This Week:

To save time and money, refer to your on-hand ingredients first when deciding what to make. Then think through ingredients you could add to your on-hand items to round out your meals.

Type of Prep	Day of the Week						
Game Plan and Grocery Shop							
Batch Prep Ingredients What prep tasks can you do ahead of time? For example: wash and chop vegetables, marinate meats, or make dressing							
Batch Cook Ingredients What ingredients do you plan to use throughout the week that you can cook ahead of time? For example: grilled chicken, roasted vegetables, brown rice, or salads.							
Batch Cook Meals Fully prep, cook, and store meals ahead of time. If you have a busy week ahead, this method may work best. Set aside enough time to work through your batch cooking and then you're kitchen-free for the rest of the week.							

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Meals to Cook This Week:

1. **Curry-Spiced Chicken, Sweet Potato, and Pepper Sheet Pan + Cucumber Yogurt Sauce + Corn Tortillas**

2. **Tex-Mex Chicken, Sweet Potato, and Pepper Sheet Pan + Salsa + Brown Rice**

3. **Noodles with Vegetables and Soy Sauce**

To save time and money, refer to your on-hand ingredients first when deciding what to make. Then think through ingredients you could add to your on-hand items to round out your meals.

Type of Prep	Day of the Week						
	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Game Plan and Grocery Shop	<ul style="list-style-type: none"> • Make weekly Game Plan • Make grocery list and go shopping 						
Batch Prep Ingredients What prep tasks can you do ahead of time? For example: wash and chop vegetables, marinate meats, or make dressing	<ul style="list-style-type: none"> • Make Yogurt Cucumber Sauce • Make sauce for Noodles with Vegetables and Soy • Cut and store vegetables for Noodles with Vegetables and Soy Sauce 						
Batch Cook Ingredients What ingredients do you plan to use throughout the week that you can cook ahead of time? For example: grilled chicken, roasted vegetables, brown rice, or salads.	<ul style="list-style-type: none"> • Make pot of brown rice and store (2 servings) • Cook corn tortillas in dry pan (optional) 						
Batch Cook Meals Fully prep, cook, and store meals ahead of time. If you have a busy week ahead, this method may work best. Set aside enough time to work through your batch cooking and then you're kitchen-free for the rest of the week.	<ul style="list-style-type: none"> • Curry-Spiced Chicken, Sweet Potato, and Pepper Sheet Pan • Tex-Mex Chicken, Sweet Potato, and Pepper Sheet Pan 				<ul style="list-style-type: none"> • Noodles with Vegetables and Soy Sauce 		

Game Plan: Plan Like a Pro

To Prep Like a Pro means to Plan Like a Pro. An easy place to start is to plan to eat one meal you've prepared per day. The good news is, you don't have to cook every day. Planning to eat leftovers can save you time and money. Using your Game Plan of meals as a guide, think through what items you already have on-hand. Check to see what items are on sale at your local grocery store. You may be able to swap out a few planned ingredients for ones that are sale. The items you still need to buy can go on your grocery list. Now, all that is left to do is grocery shop and prep.

Main Meal Menu						
Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Curry-Spiced Chicken Tacos	Tex-Mex Bowl	Curry-Spiced Chicken Tacos	Tex-Mex Bowl	One-Pot Pasta	One-Pot Pasta	Leftovers
Curry-Spiced Chicken, Sweet Potato, and Pepper Sheet Pan + Cucumber Yogurt Sauce + Corn Tortillas	Tex-Mex Chicken, Sweet Potato, and Pepper Sheet Pan + Salsa + Brown rice	Curry-Spiced Chicken, Sweet Potato, and Pepper Sheet Pan + Cucumber Yogurt Sauce + Corn Tortillas	Tex-Mex Chicken, Sweet Potato, and Pepper Sheet Pan + Salsa + Brown rice	Noodles with Vegetables and Soy Sauce	Noodles with Vegetables and Soy Sauce	Leftovers and plan for the next week

Grocery List

Fruits, Vegetables	Center Aisles	Dairy, Eggs
<input type="checkbox"/> 3 limes	<input type="checkbox"/> Brown rice	<input type="checkbox"/> 1 cup nonfat, plain yogurt (Greek or regular)
<input type="checkbox"/> 1 lemon	<input type="checkbox"/> Corn tortillas	<input type="checkbox"/>
<input type="checkbox"/> 2 sweet potatoes	<input type="checkbox"/> Smoked paprika	<input type="checkbox"/>
<input type="checkbox"/> 2 bell peppers	<input type="checkbox"/> Cumin	<input type="checkbox"/>
<input type="checkbox"/> 1 garlic clove	<input type="checkbox"/> Chili powder	<input type="checkbox"/>
<input type="checkbox"/> 2-inch piece of ginger	<input type="checkbox"/> Yellow curry powder	<input type="checkbox"/>
<input type="checkbox"/> 1 onion	<input type="checkbox"/> Garam masala (optional)	<input type="checkbox"/>
<input type="checkbox"/> 8 oz mushrooms	<input type="checkbox"/> Cinnamon	<input type="checkbox"/>
<input type="checkbox"/> 1 cucumber or 1/2 European cucumber	<input type="checkbox"/> Red pepper flakes	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Dried dill	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Low sodium soy sauce	<input type="checkbox"/> 2 boneless chicken breasts
<input type="checkbox"/>	<input type="checkbox"/> Rice vinegar	<input type="checkbox"/> 1/2 pound tofu
<input type="checkbox"/>	<input type="checkbox"/> Honey	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> 16 oz low sodium vegetable or chicken broth	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> 8 oz wheat pasta	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Olive oil	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Salsa	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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