Meal prep planner

Cook once, eat all week. What to make, how many portions, and where each one goes.

WEEK OF

PREP DAY

WHAT I WILL COOK, AND HOW MANY PORTIONS

1

2

3

4

WHICH MEAL GOES WHERE

MON

TUE

WED

THU

FRI

SAT

SUN

SHOPPING

CONTAINERS AND FREEZER SPACE