

# MEAL PREP PLAN



MEAL DESCRIPTION

DATE: \_\_\_\_\_

DAYS: M T W T F S S

MEAL: \_\_\_\_\_

EXPIRES: \_\_\_\_\_

TYPE:  BULK       MEALS  
STORED:  FREEZER       FRIDGE  
EAT:  COLD       REHEAT

INGREDIENT	QT.

COOKWARE

SPICE / SEASONING	

MEASURE & STORE

NOTES