

Planning & Prepping Meals Template

Step 1: Decide on your meals

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Step 2: Write down your ingredients

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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Step 3: Create your shopping list



Step 4: Schedule your prep time

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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