

# meal prep strategy PRINTABLE HOW-TO

## step 1: decide what you're going to make

I'm going to prep this for the week:

## Paleo Shredded Chicken Wraps

## Roasted Squash and Cauliflower Soup

Paleo Eggplant Meatballs with Zoodles and Marinara Sauce (to keep life easy, I'm going to buy some organic marinara)

Roasted Chicken Parts with Spicy Sauteed Collards & Roasted Carrots  
Crustless Quiche

## step 2: write down the prep steps for a recipe

I'll go through each dish and think on how each part of the dish is prepared. I'll write that part of the prep under the section that will tell me how I prepare it.

Paleo Shredded Chicken Wraps have a few components to them. The chicken needs to be cooked, the rest of the filling needs to be made, the romaine leaves and red cabbage need to be prepped, the dressing needs to be made.

I cook the chicken in my Instant Pot, so I'll write "chicken" in that section.

I make my cauliflower rice (you can also buy it pre-riced) in my food processor, so I'll put "cauliflower rice" in that section.

I'll also add "cauliflower rice and kale" to the Stove line, because they need to be cooked as the filling.

I'll write "red cabbage", "lettuce leaves" and "tahini dressing" in the prep line.

I've also made an "other" section so you can use that to list other kitchen tools you may need, like a mixer, spiralizer, dehydrator, grill, etc. You can use it as a bonus spot if other spots get filled.

[illegible]

*step 3: repeat for the rest of your dishes*

[illegible]

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## step 4: decide what you're prepping now and later in the week

From there, I decide what I want/have to prep today and what I'll prep the night of enjoying that meal (since, like what I mentioned in last week's blog post, I do not prep everything in one day). When I write this form in my notebook, I just scrawl "NOW" or the day of the week I'm prepping the other stuff. But for you! For you I've added a column where you can check off if you need to do it now or if you'll do it later.

So I'll review my list again and decide what I'll prep that day and night (I prefer to make dinner that night with N) and check off those boxes. When I choose later things, I prefer those things to be simple prep like chopping or preparing raw things, making dressings, roasting veggies that will be the side that night, or sauteeing greens that will be a side. Things that will probably take me 10-20 minutes of active cooking and/or prepping time.

meal prep strategy		week of: January 8-14	
PREP	NOW LATER	BLENDER/FOOD PROCESSOR	NOW LATER
red cabbage	<input type="checkbox"/> <input checked="" type="checkbox"/>	cauliflower rice	<input checked="" type="checkbox"/> <input type="checkbox"/>
tahini dressing	<input type="checkbox"/> <input checked="" type="checkbox"/>	squash soup	<input checked="" type="checkbox"/> <input type="checkbox"/>
lettuce leaves for wraps	<input type="checkbox"/> <input checked="" type="checkbox"/>	roasted eggplant	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
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STOVE	NOW LATER	OVEN	NOW LATER
cauliflower rice + kale	<input checked="" type="checkbox"/> <input type="checkbox"/>	squash + cauliflower for soup	<input checked="" type="checkbox"/> <input type="checkbox"/>
quiche filling	<input checked="" type="checkbox"/> <input type="checkbox"/>	eggplant	<input checked="" type="checkbox"/> <input type="checkbox"/>
collard greens	<input type="checkbox"/> <input type="checkbox"/>	eggplant meatballs	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	quiche	<input checked="" type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	chicken pieces	<input checked="" type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	carrots	<input type="checkbox"/> <input checked="" type="checkbox"/>
	<input type="checkbox"/> <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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	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
SLOW COOKER/INSTANT POT	NOW LATER	OTHER: spiralizer	NOW LATER
shredded chicken	<input checked="" type="checkbox"/> <input type="checkbox"/>	zoodles	<input type="checkbox"/> <input checked="" type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>
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	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>

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## step 5: plan your prep for the day

Then, it's pick your own adventure as far as how to tackle the prep list.

If I were prepping this list, I would start with things can need more time or can be hands off. I would get the chicken that's cooking in the Instant Pot set up since that's going to be cooking on it's own.

Once that's cooking away, I'd tackle some roasting that takes less time first and group them up. That would mean the squash and the eggplant would roast together.

While the eggplant and squash are roasting and the oven is occupied, I'd work on something that could be cooked on the stove, or prep something that could be immediately popped into the oven and keep working down the list between the oven and stove items until most of those are done. If any of my blender/food processor prep affects something on the oven or stove, I'll sprinkle them in too.