



WEEKLY MEAL PREP:

- CLEAN OUT THE FRIDGE, FREEZER & PANTRY
- MAKE A LIST OF THE FOODS YOU HAVE!
- USE LEFTOVER RECIPES FIRST
- CREATE A MEAL PLAN!
- INCLUDE 2- 3 MAKE AHEAD IDEAS
- MAKE A LIST OF THE FOODS TO BUY!
- WHAT CAN YOU MAKE AHEAD NOW!
- BLOCK 1 HOUR DAILY FOR PREP/MEALS
- SHOW UP FOR YOU!

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