

Meal Preparation Checklist for Weekly Dinners

DAY	PLANNED MEAL	INGREDIENTS PREPARED	MEAL PREPPED
Monday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Tuesday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Wednesday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Thursday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Friday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Saturday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Sunday		<input type="checkbox"/> Yes	<input type="checkbox"/> Yes

Notes & Reminders

Write any special prep notes, shopping needs, or reminders here...