Kitchen Prep & Batch Cooking

Organize make-ahead tasks, portions, and storage for the week.

WEEK OF _____ **PREP DAY** _____

PREP TASKS & INGREDIENTS

WHAT TO PREP	AMOUNT / PORTIONS	DONE
		☐
		☐
		☐
		☐
		☐
		☐

BATCH COOKING PLAN

DISH / RECIPE	SERVINGS	STORE IN	DATE

STORAGE & REHEATING REMINDERS