

MEAL PREP CHART

| Recipe | Stovetop/IP | Oven | Cold Prep |
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Pick and choose what you want to do ahead. If you just have 1 or 2 components of a meal prepped, it saves so much time during the week. I always recommend **cooking your grains, making your sauces/dressings, toasting your nuts or seeds, and prepping/chopping your veggies!**