Meal prep shopping and prep timeline

Plan what to do before a cooking session without making everything at once.

Three steps

1. Pick recipes
2. List preparation tasks
3. Plan safe storage

A worked example

Recipe	Chili
Prep task	Chop vegetables
Time	15 min
Storage plan	Refrigerate safely

The prep task is scheduled before cooking.

Follow applicable food-safety guidance.

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Use one row per item or decision. Start with what you know.

Recipe	Prep task	Time	Storage plan

My next action / when