

## Healthy Batch Cooking Checklist + Weekly Meal Planner

### Healthy Batch Cooking Checklist

- ☐ Plan meals ahead for the week
- ☐ Create a grocery list based on your meal plan
- ☐ Choose versatile ingredients for multiple meals
- ☐ Chop vegetables in bulk
- ☐ Pre-cook grains (rice, quinoa, pasta)
- ☐ Cook proteins in advance (chicken, beans, lentils)
- ☐ Store meals in labeled containers
- ☐ Use freezer-safe containers for future meals
- ☐ Schedule a consistent batch cooking day
- ☐ Clean up immediately after cooking

### Weekly Meal Planner

#### Monday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

#### Tuesday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

#### Wednesday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

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Dinner: \_\_\_\_\_

### Thursday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Friday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Saturday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_

### Sunday

Breakfast: \_\_\_\_\_

Lunch: \_\_\_\_\_

Dinner: \_\_\_\_\_