

EASY SUMMER MEAL PREP TIPS

RECIPE REQUIRES STOVETOP OR GRILL ONLY, NO OVEN
MINIMAL PREP TIME - ROUGH CHOPPING, WHOLE FOODS, ETC
CHOOSE ONE PAN OR POT RECIPES
PLAN MAKE AHEAD RECIPES - MARINATED PROTEIN, ETC
INCLUDE REFRESHING CITRUS IN RECIPES
CLEAN UP AS YOU GO FOR FAST POST-MEAL WORK

SUN	MON	TUES	WED	THURS	FRI	SAT	GROCERY LIST