

Weekly Meal Prep Planner

By Samantha - Your Kitchen Companion at Cook Flare Recipes

* Why Use a Meal Prep Planner?

- Plan nutritious lunches that align with your health goals
- Save money by shopping smarter and avoiding food waste
- Streamline your week with organized meals you'll actually look forward to

* Step 1: Weekly Lunch Planning

Day	Recipe / Meal Idea	Ingredients Needed	Prep Notes

* Step 2: Prep Checklist

- ☐ Choose 3-5 easy lunch recipes
- ☐ Check what's already in your fridge or pantry
- ☐ Make a smart grocery list
- ☐ Block out 1-2 hours for batch cooking
- ☐ Store meals in labeled containers (don't forget the date!)
- ☐ Treat yourself to one 'fun' lunch each week :)

* Step 3: Grocery List

Produce	Proteins	Grains / Carbs	Dairy / Alternatives	Pantry Essentials

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*** Step 4: Leftovers & Swaps**

Write down ideas for using leftovers or swapping ingredients based on your mood or budget.

*** Final Notes**

At Cook Flare Recipes, we believe great meals don't have to be complicated. This planner is a simple tool to help you stay on track without stress.

Got a question or want recipe inspiration? Samantha's here to help - visit cookflarerecipes.com for weekly meal ideas!