

“Inventory/Identify” Checklists

Shopping your home first:

- Freezer meals from last month?

- Frozen meats which need a plan?

- Frozen fruits or veggies?

- Grains on hand? (rice, quinoa, chickpea pasta?)

- Sauces or canned goods that need a plan?

- Healthy flours or sugars on hand?

- Baking and snack ingredients? (dates? Nuts? Chocolate chips? Chia seeds?)

- Fresh veggies & fruits that need immediate attention? _____

- Will you be using them before your meal prep day? _____

- Or will you be freezing them for meal prep use? _____

How many meals will you need to prepare?:

1. How many people are you feeding? _____

Is this the same every meal? If not, how many are eating each meal? Also, consider how many meals daily you all eat.

Breakfasts _____

Lunch _____

Snacks _____

Supper _____

TOTAL _____

2. Will you eat supper leftovers for lunch? _____

3. Is anyone visiting your home and will be eating with you? How many meals? _____

4. Are you traveling? If so, are you taking a cooler or will have a fridge? _____

If not taking or prepping food for trip, how many meals will you NOT need at home while you're gone? _____

If you are prepping for trip too, how many/which meals will you be taking with you? _____

5. Any planned meals away from home which won't require prepping? _____

**This doesn't have to be on your calendar yet, but should be part of your strategy to decide how many meals out you will "allow" yourself.*

Date nights? _____

Brunch with friends? _____

Lunch after church with family? _____

Business meetings? Or Other? _____

Putting Your Plan Together:

- What is the "TOTAL" from #1 on the previous page? _____
- Add #3 to this. _____
- Subtract #4 (any meals NOT eating at or prepping from home due to travel) _____
- Subtract #5 _____
- Now go back and revisit previous sheet and break this number down by meals:
 - Breakfast _____
 - Lunch _____
 - Snacks _____
 - Supper _____

Awesome! Now you have an idea of what you have on hand AND how many meals you need. Now, get creative and make a plan with current items on hand FIRST:

- Smoothies? _____
- Chia puddings? _____
- Egg bites? _____
- Other breakfast items (casseroles, sausage balls, etc.) _____
- Mixes? (pancake, spice blends, mixins for fruit, etc.) _____
- Breads, desserts or other baked items? (limit to 2-4 for meal prep day) _____
- Raw freezer meals? _____
- Large pot or casserole item to make in bulk and freeze single servings? _____
- Ingredients you plan to make? (BBQ Sauce, stock/broth, etc.) _____

How many meals/servings will the above cover? _____

Breakfast _____

Lunch _____

Snacks _____

Supper _____

Subtract the above numbers from how many you stated on the previous page you need for each meal. How many remain?:

Breakfast _____

Lunch _____

Snacks _____

Supper _____

OK GREAT! Now you know how many more meals you need to plan for!

Last few things to do if you want to be frugal:

Check sales circulars or local store website for sale items.

Check online food sources (Thrive Market, Amazon, Misfits Market, etc) for sale items.

Farm co-op weekly or monthly specials?

Now you know all of the great sales, list the additional meals you are going to make that weren't already noted using ingredients on hand:

Smoothies?

Chia puddings?

Egg bites?

Other breakfast items (casseroles, sausage balls, etc.)

Mixes? (pancake, spice blends, mixins for fruit, etc.)

Breads, desserts or other baked items? (limit to 2-4 for meal prep day)

Raw freezer meals?

Large pot or casserole item to make in bulk and freeze single servings?

Ingredients you plan to make? (BBQ Sauce, stock/broth, etc.)

“Execute” Checklists

Pre-Work

Gather the following:

- 3x5 note cards
- Freezer bags or any disposable packaging you’re using for meal prep
- Sharpie pen
- Waterproof labels, if you choose to use them

1. On 3x5 cards, fill out ingredients and number of units being made on each card, as well as where you will find the recipe. As you see below, this recipe is on my phone and I’m making 6 Blueberry Chia puddings.:

⑥ *Blueberry Chia Pudding*

5 1/4 cups almond milk

1 cup chia seeds

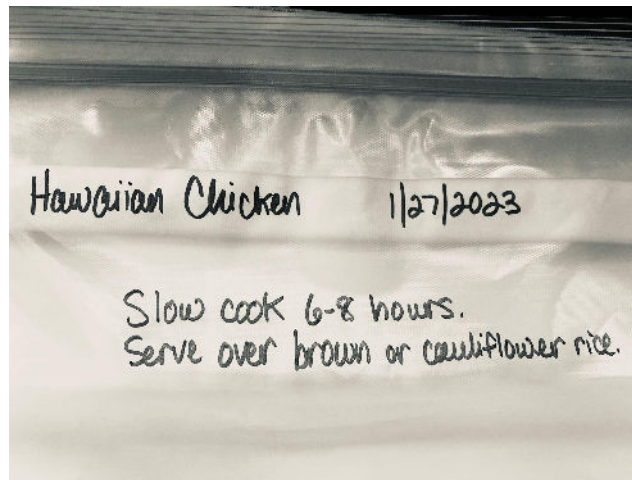
1/3 cup maple syrup

3 cups blueberries

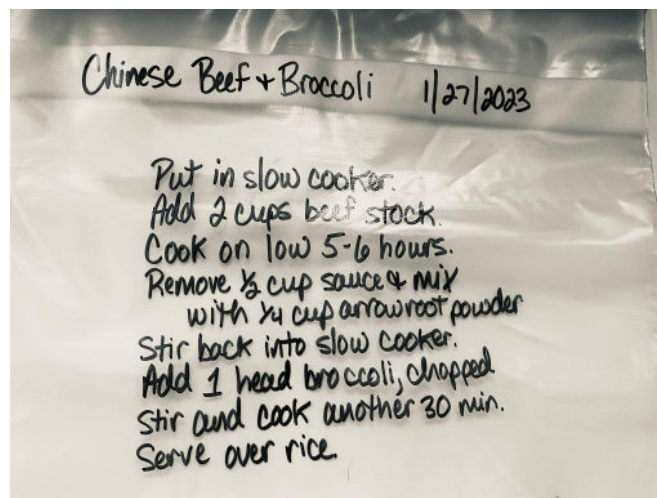
3/4 cup slivered almonds

** see phone*

2. On bags, write the instructions for adding the liquid in your smoothies or what to do with your raw freezer meals the day you will be fixing them.:



As you can see with these two examples, some are simple like the Hawaiian Chicken above, or more complicated like the Chinese Beef and Broccoli below. Having this visual not only helps you not have to take the time to find a recipe, but gives you the freedom to choose what level of work you want for a given day!



3. The final step is to go back on your 3x5 cards and note "like" ingredients. If you have 3 cards that have "coconut aminos" on them, put a "3" next to each of the places where it's listed. This will be a big time saver on your prep day!

Meal Prep Day

- Clean kitchen thoroughly
- Clear countertops of unneeded items
- Choose your “staging area” where you will work and keep clean & uncluttered
- Gather all supplies & store away from staging area
 - Pre-work items (stack 3x5 cards in order of prep, as indicated below)
 - Looking at cards, pull out which kitchen tools will be needed
 - Non-perishable foods
 - Room temperature safe fruits and vegetables
 - Organize your cold/frozen fruits, vegetables, and meats so they are easily accessible in the refrigerator or freezer when you need them
- Start your broth/stock in your slow cooker (unless you’re using scraps from today, then move this to last on your list)
- Start your large pot or large casserole meal
- Make dry mixes (trail mixes, seasoning blends, pancake mix, fruit mix-ins, etc)
- Prepare baked items, putting first in the oven when it’s ready and get the other 1-3 prepped and in the pans ready to swap out in the oven as each is done.
- Pull meat out of freezer
- Chia puddings (make large batches and refrigerate to set)
- Smoothies
- Raw freezer meals
 - Prep all the vegetables & fruit needed for meals
 - Hang baggies on bag racks

- Prep as many as you can at one time
- Referencing 3x5 cards add all of the like ingredients in appropriate bags
- Add meat last

- Divide chia puddings into individual servings
- Anywhere between 12-72 hours after broth/stock started, store in jars and put away appropriately. Length of time is due to your preference on how deep you prefer your broth/stock.

As each item is completed, store it away as planned and put away all ingredients no longer needed. Most items will be stored in the freezer, some in the pantry, and enough for roughly 4 days of meals in the refrigerator.