

Find Your Food Prep Style

If you cook often, ask yourself:

- What do you find yourself doing over & over that you could instead do once and save it in portions?
- What is most time-consuming to prepare in your meals?

Review your **recipe bank, grocery list, and staples checklist** for any items that are time-consuming to prepare. List them below.

Are there any other items that could be made easier (**breakfast, lunch, snacks, side dishes**) by prepping them ahead of time?