

# MEAL PREP SCHEDULE



## Meal Prep Schedule

This schedule offers a structured approach to meal planning and preparation for the upcoming week, with specific time slots for breakfast, lunch, snacks, and dinner from Monday to Friday. Whether you're an experienced meal prepper or just starting your journey towards healthier eating habits, this schedule will help you stay organized and efficient in the kitchen. Let's make mealtime a breeze!

Meal Period: [Start Date] - [End Date]

Day	Meal	Ingredients	Cooking Instructions	Notes
Monday	Garlic Shrimp Pasta	Shrimp, Garlic, Olive oil, Spaghetti	Boil pasta, saute garlic and shrimp, mix all together.	Optional: Add chili flakes for spice
Tuesday	Grilled Chicken	Chicken	Grill chicken	

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