

WEEKLY KITCHEN PREP

CHOPPING/SLICING		BAKING	
	vegetable dippers		cookies
	cheese slices or sticks		snack cake
	grate cheese		quick breads
	chop onions or peppers		bread dough - artisan bread
			granola bars
			granola
			baking mixes
COOK			
	hard cooked eggs		
	chicken		
	taco meat		
		PULL FROM FREEZER	
OTHER MEAL PREP			
	make salsa		