



WORKSHEET #6

Learn the “Pre”pared Method

Kitchanatomy - 10 Step Kitchen Detox

Learning the art of the “Pre”pared Method is a great way to eliminate frustrations in the kitchen. Use this worksheet to help you define the tasks, time and commitment to making meals the “pre”pared way!

1. What are the tasks that you can do ahead of time to make meal prep easy for the week? Preparing veggies, make a healthy protein, get freezer meals ready, cook entire meals for re-heating? Make you list here and don't worry if it changes as your habits change. That is what worksheets are for!

2. Write down your menu plan for these meals:

Breakfast:

Lunch:

Dinner:

3. Out of the above meals what can you “Pre”pare?

4. How much time does each “pre”pared task take to prepare, cook and clean up? This will equal the time you need to budget to cook for your week? Try to keep it under 2 hours. Anything more can frustrate you! If you are not sure use the above tools and fill this in as you learn this new skill.

5. Right down 2 days that you have 2 hours to devote to “Pre”pare your meals for the week:

6. Schedule 1 of these days on your calendar and try to cook the same time every week.

You can print and use this worksheet over and over again until the “pre”pared method becomes a habit. The first time you are tempted to “Drive Thru” and you don't because you know you have something delicious waiting for you at home will seal the deal on your new habit!