



“Week Prep, Meal Prep, Mind Prep”

Questions to Ask Yourself so you are Prepared to make Food this Week

MEAL PREP

1. What do I have in my cupboards/pantry?
2. What do I have in my fridge?
3. What meals can I make from what I already have?
4. What are the meals I want to eat this week?
5. What are the remaining ingredients that I need to make whole meals?
6. What food preparation can I do, now, to help out my future self?

MIND PREP

1. Why is it important for me to eat whole and healthy?
2. Why is preparing ahead of time a healthy habit to get into? How will it help me in the Kitchen?
3. What can I do today, to take some time to nourish my mind and soul?