## Chapter 8: Checklist for Prepping Meals

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|  | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Week 1: Read recipes, mise en place. |  |  |  |  |  |  |  |
| Week 2: Read recipes, mise en place. |  |  |  |  |  |  |  |
| Week 3: Read recipes, mise en place. |  |  |  |  |  |  |  |
| Week 4: Read recipes, mise en place. |  |  |  |  |  |  |  |
| Week 5: Read recipes, mise en place. |  |  |  |  |  |  |  |
| Week 6: Read recipes, mise en place. |  |  |  |  |  |  |  |