

PREP LIST

PREP UP TO 5 DAYS IN ADVANCE

- Chop bell peppers
- Chop broccoli
- Chop cabbage
- Chop carrots
- Chop cauliflower
- Chop garlic
- Chop nuts
- Chop onions
- Chop sweet potatoes
- Prep green beans
- Prep kale
- Make nondairy sauces / dips
- Make marinades
- Make vinaigrettes
- Make spice mixes
- Cook grains (rice, couscous, barley, etc.)
- Cook noodles
- Hard-boil eggs

PREP UP TO 3 DAYS IN ADVANCE

- Chop asparagus
- Chop bok choy
- Make dairy-based sauces / dips
- Quick-pickle vegetables

PREP UP TO 2 DAYS IN ADVANCE

- Chop green onions
- Chop mushrooms
- Chop zucchini
- Prep snap peas
- Prep swiss chard

PREP UP TO 1 DAY IN ADVANCE

- Chop cucumbers
- Chop lettuce
- Chop tomatoes
- Chop / prep meats
- Marinate meats