
Family Meal Prep Quick-Start Checklist

Prep once, save 5+ hours this week.

Use this one-page checklist before your next Sunday prep block.

1. Pick 3 overlap-friendly dinners for the week.
2. Build one grocery list by store section and check the pantry first.
3. Prep one protein, one grain, and two vegetables in parallel.
4. Portion 2 lunches, 2 breakfasts, and 1 snack batch.
5. Label fridge items for the next 3-4 days and freeze the rest.
6. Schedule a 20-minute Wednesday refresh for produce and leftovers.

Best starter combo:

- Sheet-pan chicken thighs
- One pot of rice or pasta
- Roasted vegetables + cut snack vegetables
- Overnight oats or yogurt jars

Fast rhythm:

Friday plan | Saturday shop | Sunday prep | Wednesday refresh

Need the planning done too? Build your week at numyum.ai.