

Week of _____



Getting Started Checklist for Week 1

- Watch the Welcome Video and the Tour the Site Video and practice navigating the site
- Choose 2 - 3 Main Dish Recipes for the week from the list of suggested meals
- Review the shopping list and check off any items you already have at home
- Choose a time when you have at least 2-3 hours free to shop and prep your food
- Print the shopping list or take it along or pull it up on your mobile device at the store
- Upon returning home sort groceries for recipes and wash any produce as needed
- Set up an area for preparing meat, another for preparing veggies and other items
- Prepare and label freezer bags for the recipes you are making
- Use the printed recipe or pull it up on your device and follow the prep day instructions
- Print out the Variable Weekly Planner and fill out your schedule plus your meals
- On 2 or 3 mornings during the week, choose a recipe to add to the slow cooker
- Enjoy delicious meals with your family and forget the stress!!