

# MEAL PREP ESSENTIALS CHECKLIST

WWW.MEALPREPWITHME.COM

## SPICES

- Kosher salt (or sea salt)
- Black pepper
- Italian herb blend
- Greek herb blend
- Curry powder
- Cinnamon

## PANTRY

- Rice or quinoa
- Whole wheat pasta
- Canned beans
- Canned tomatoes
- Tomato paste
- Oil (olive, sesame, canola, avocado)
- Rolled oats
- Vinegar (apple cider, white, red wine, balsamic, rice)
- Vanilla
- Nut/seed butter
- Broth (chicken, beef, vegetable)
- Corn starch
- Sweetener (honey, stevia, agave)
- Coconut milk

## NOTES

Large empty area for taking notes.

# MEAL PREP ESSENTIALS CHECKLIST

WWW.MEALPREPWITHME.COM

## FREEZER

- Corn
- Peas
- Green beans
- Stirfry vegetable medley
- Chicken (breast, thighs)
- Ground meat (beef, pork, turkey)
- Pork shoulder
- Frozen fruit (berries, bananas)

## TOOLS

- Baking sheets x2
- Silicone baking mats x2
- Blender or food processor
- Large stock pot
- Large frying pan
- Deep rimmed wok/ pan with lid
- Garlic press
- Storage containers
- Assorted size mixing bowls
- Measuring cups (liquid and dry)
- Kitchen scale
- Tongs, spatulas, wooden spoons
- Sharp knives, and sharpener

## NOTES

# MEAL PREP ESSENTIALS CHECKLIST

WWW.MEALPREPWITHME.COM

## SPICES

- Kosher salt (or sea salt)
- Black pepper
- Italian herb blend
- Greek herb blend
- Curry powder
- Cinnamon

## PANTRY

- Rice or quinoa
- Whole wheat pasta
- Canned beans
- Canned tomatoes
- Tomato paste
- Oil (olive, sesame, canola, avocado)
- Rolled oats
- Vinegar (apple cider, white, red wine, balsamic, rice)
- Vanilla
- Nut/seed butter
- Broth (chicken, beef, vegetable)
- Corn starch
- Sweetener (honey, stevia, agave)
- Coconut milk

## NOTES

# MEAL PREP ESSENTIALS CHECKLIST

WWW.MEALPREPWITHME.COM

## FREEZER

- Corn
- Peas
- Green beans
- Stirfry vegetable medley
- Chicken (breast, thighs)
- Ground meat (beef, pork, turkey)
- Pork shoulder
- Frozen fruit (berries, bananas)

## TOOLS

- Baking sheets x2
- Silicone baking mats x2
- Blender or food processor
- Large stock pot
- Large frying pan
- Deep rimmed wok/ pan with lid
- Garlic press
- Storage containers
- Assorted size mixing bowls
- Measuring cups (liquid and dry)
- Kitchen scale
- Tongs, spatulas, wooden spoons
- Sharp knives, and sharpener

## NOTES