Epicure's Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

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Take it Easy – Make it Ahead! Your **Prep List** for easy eats all week:

THIS WEEK'S TO-DO LIST:

- ❍ Prepare and refrigerate Epicure's Dips and Dressings in reusable containers for the week
- ❍ Wash, cut and refrigerate the week's vegetables in reusable containers
- ❍ Make and freeze extra brown rice in family or individual portions for quick sides all week
- ❍ Make and freeze extra chicken on Sunday for Tuesday's meal, and make extra Epicure's Light Teriyaki Sauce for Tuesday and Saturday
- ❍ Make extra soup on Monday for Wednesday's meal
- ❍ Make and freeze extra Asian Steak on Thursday for Saturday's meal
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