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
- ❍ Cook extra rice and freeze in individual- or family-sized portions for easy sides
- ❍ Wash, cut and refrigerate the week's vegetables in reusable containers
- ❍ Cook extra fish on Monday night for Tuesday night's dinner
- ❍ Cook extra chicken on Wednesday night for Friday night's dinner
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