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
- ❍ Portion all Epicure products into bags labelled with the day of the week – then pull out as needed
- ❍ Cook, slice and freeze chicken breasts ready for quick, easy meals
- ❍ Grate and freeze zucchini in sealable freezer bags ready to add
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