Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

August 20, 2009

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

THIS WEEK'S TO-DO LIST:

- ❍ Prepare and refrigerate the week's VE Dips and Dressings in reusable containers
- ❍ Wash, cut and refrigerate the week's vegetables in reusable containers
- ❍ Make and freeze extra chicken on Sunday for Saturday's meal
- ❍ Make extra rice on Sunday night for Monday's meal
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____
- ❍ _____