Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

July 23, 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 extra Lemon Dilly Pasta Salad on Monday for Tuesday night's meal
- ❍ Make extra Pineapple Salsa on Friday for Saturday night's meal
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