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 the week's VE Dips and Dressings in reusable containers
- ❍ Wash, cut and refrigerate the week's vegetables in reusable containers
- ❍ Make extra rice on Tuesday and freeze in family- or individual-sized containers
- ❍ Make extra chicken on Tuesday for Friday's meal
- ❍ Marinate mushrooms on Wednesday for Thursday's meal
- ❍ Marinate steak on Friday for Saturday's Meal
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