Meals in Minutes!

Crystal MacGregor, RD, with Epicure Selections®

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Take it easy – make it ahead! Your Preparation 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 Barbecued Tuscan Chicken Breasts on Sunday for Friday's meal
- ❍ Make extra Greek-style Burger meat mixture on Monday, form into mini meatballs and freeze in a sealed container for Saturday's meal
- ❍ Make extra steamed brown rice on Tuesday for Wednesday's and Thursday's meals. Freeze in family- or individual-sized containers
- ❍ Make extra Asian Beef on Wednesday for Thursday's meal
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