

NUTRITIOUS

Free 5-Day Meal Prep Checklist

For busy professionals who want real food without cooking every night.

How to use this

Block 90 minutes on Sunday (or your lightest day). Shop once, cook in batches, assemble during the week. This is a habit system, not a gourmet plan.

Sunday game plan (90 minutes)

- Clear fridge space and set out containers (about 8–10).
- Cook one grain: rice, quinoa, or farro (makes 6–8 servings).
- Cook one protein: chicken thighs, turkey meatballs, tofu, or lentils.
- Roast two sheet pans of vegetables (broccoli, peppers, zucchini, sweet potato).
- Wash greens + chop snack veggies; portion fruit.
- Mix one sauce (tahini-lemon, salsa, or yogurt-herb).
- Assemble 3–4 lunches now; leave dinner components ready to heat.

Grocery checklist (defaults — swap freely)

Protein	Chicken thighs or breasts, eggs, canned tuna/salmon, Greek yogurt, tofu or canned beans
Carbs	Brown rice or quinoa, oats, whole-grain wraps, potatoes/sweet potatoes
Produce	Broccoli, spinach/salad mix, bell peppers, cucumbers, bananas, berries or apples
Flavor	Olive oil, garlic, lemon, salsa, tahini or peanut butter, salt/pepper, chili flakes
Snacks	Nuts, hummus, string cheese or cottage cheese, rice cakes

5-day template

Day 1 — Breakfast: overnight oats + berries. Lunch: grain bowl + chicken + roasted veg + sauce. Dinner: sheet-pan leftover remix with eggs or beans. Snack: apple + nuts.

Day 2 — Breakfast: egg muffins or Greek yogurt + fruit. Lunch: wrap with leftover protein + greens. Dinner: stir-fry leftover veg + rice. Snack: hummus + cucumbers.

Day 3 — Breakfast: smoothie pack (frozen fruit + spinach + yogurt). Lunch: salad jar with grains + protein. Dinner: baked potato loaded with beans/chicken + salsa. Snack: banana.

Day 4 — Breakfast: overnight oats. Lunch: grain bowl #2. Dinner: taco bowls (same protein + salsa + greens). Snack: yogurt.

Day 5 — Breakfast: toast + eggs + fruit. Lunch: leftover bowl or wrap. Dinner: soup/stew from leftover veg + broth + beans OR simple pasta + frozen veg + tuna. Snack: trail mix.

Batch-cook order (save time)

- Oven on 425°F / 220°C first — start roasted veg and any baked protein.
- Start grain on the stove while the oven works.

- Wash/chop cold items while hot food cooks.
- Sauce last; portion while food cools slightly.

Weekday rules that keep you consistent

- Always pack tomorrow's lunch the night before.
- Keep one emergency meal: frozen veg + eggs + rice, or tuna + wrap.
- If a day fails, restart at the next meal — don't wait for Monday.
- Repeat favorites for 2 weeks before inventing new recipes.

Want the full Busy Week Meal Prep System (menus, shopping lists, and prep timeline)? Visit [nutritilous.com](https://www.nutritilous.com)

Nutritilous — meal prep for busy weeks. Not medical advice; adjust for your needs.