



Petal & Paper

YOUR FREE PRINTABLE

Weekly batch cooking planner



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M E A L P R E P 

batch cooking planner

Week of · ____ Prep day: ____

Batch cook (make big, freeze portions) ·

Prep ahead (chop, marinate, par-cook) ·

This week's dinners · Mon ____ Tue ____ Wed ____ Thu ____ Fri

Lunches · _____

Shopping list (from the plan) · _____

In the freezer already · _____

 A COUPLE OF HOURS ON SUNDAY
SAVES THE WHOLE WEEK — COOK ONCE,
EAT ALL WEEK

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