KITCHEN MEAL PREP

YOUR EXTRA MILE CHECKLIST

Plan once. Prep smarter. Make busy weekdays easier.

BEFORE YOU START | 5 MINUTES

- [ ] Choose 2-3 meals or recipes for the week
- [ ] Check the pantry, refrigerator, and freezer first
- [ ] Write a grocery list and check needed ingredients
- [ ] Clear and sanitize prep surfaces; wash hands

YOUR 10 KITCHEN-TOOL CHECKLIST

[ ] Chef's knife	Sharpen/check condition; plan what to chop
[ ] Cutting boards	Use separate clean boards for raw meat and produce
[ ] Food storage containers	Match containers with lids; label and date
[ ] Digital kitchen scale	Set out for portioning or recipe accuracy
[ ] Sheet pans	Plan one batch of roasted vegetables or protein
[ ] Vegetable chopper	Prep vegetables with the safety guard in place
[ ] Measuring set	Measure ingredients before cooking
[ ] Slow cooker	Choose a recipe; thaw meat safely beforehand
[ ] Blender	Prep smoothie ingredients or a sauce
[ ] Reusable freezer bags	Portion, label, date, and freeze promptly

THE 20-MINUTE PREP GAME PLAN

- [ ] 0-5 min: Wash produce and gather ingredients
- [ ] 5-12 min: Chop or portion ingredients; prep containers
- [ ] 12-20 min: Label, store safely, and wipe down counters

Meals I am prepping:

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Food safety: Refrigerate perishables promptly; cool and store cooked food safely.
Never use damaged tools or leave appliances running unattended when unsafe.

Sheet-Pan Chicken & Vegetables

Family-friendly | Oven: 425°F | About 30 minutes, depending on cut size

INGREDIENTS

- 1¼ lb boneless, skinless chicken breasts, cut into strips
- 1 lb potatoes, cut into bite-sized pieces
- 2 cups broccoli, cut into bite-sized florets
- Olive oil, salt, black pepper, garlic powder, and onion powder, to taste

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper rated for that temperature, if you like.

2. Place chicken strips in a bowl. Toss with olive oil, salt, pepper, garlic powder, and onion powder. Spread out on the baking sheet.

3. Put bite-sized potatoes in a separate bowl. Toss with olive oil, salt, pepper, garlic powder, and onion powder. Add to the baking sheet.

4. Place broccoli florets in another bowl. Toss with olive oil, salt, and pepper, then add to the baking sheet.

5. Bake at 425°F for about 30 minutes. Start checking earlier if the chicken strips are thin. Cook until the thickest chicken strips reach 165°F and the potatoes are tender.

MIX IT UP — FAMILY FAVORITES

- Swap regular potatoes for purple sweet potatoes. They are amazing roasted! Cut them into similar bite-sized pieces.
- Try beets instead of broccoli. Cut beets small; because they can take longer to cook, start them earlier if needed.
- Slice green cabbage into roughly ½-inch strips or pieces, rub with olive oil, salt, and pepper, and roast until tender with browned edges. Check early; thin pieces can brown quickly.

A family favorite

Our kids absolutely love these dinners!

Food safety: Always verify chicken reaches 165°F with a food thermometer. For larger potato or beet pieces, cook vegetables longer separately as needed. Refrigerate leftovers promptly.