

Prep Work for the days before Cooking Day!

Meat Prep:

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Recipe:

Veggie Prep:

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Crock Pot Prep:

☐	_____
☐	_____
☐	_____
☐	_____

Other Prep:

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____

Cooking Day Order of Steps!

Order of Steps:

[illegible]

Recipe:

[illegible]