

60-Minute Sunday Prep Plan

(Batch once, eat all week)

Name: _____ Date: _____

0-15 minutes

- Boil eggs (6-10 eggs)
- Chop veg (cucumber, celery, romaine)
- Portion nuts and cheese (5 snack bags)

15-40 minutes

- Shred chicken (rotisserie or pre-cooked)
- Mix 2 sauces (ranch and curry mayo)
- Assemble 3 bases (salad jar, lettuce cups, bento)

40-60 minutes

- Box 5 lunches + 5 sides
- Label and date each container
- Move dressings to tiny cups

Notes

Tip: Keep dressings separate; pack lettuce dry. Store at <=4 C.