

# 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