

Plan the meal I will be cooking

Look up
meal prep
ideas



Decide on
what to cook



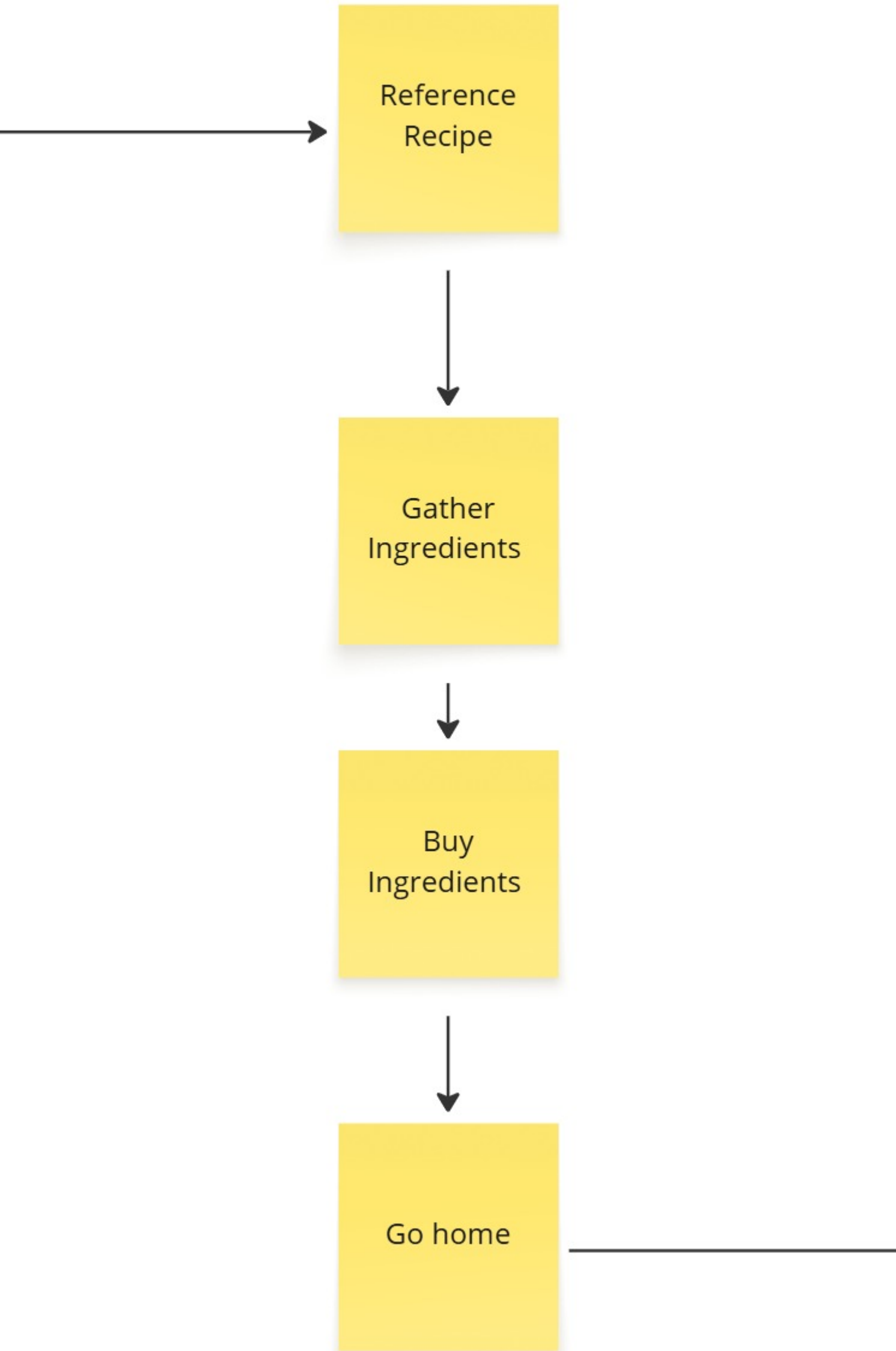
Write down
recipe



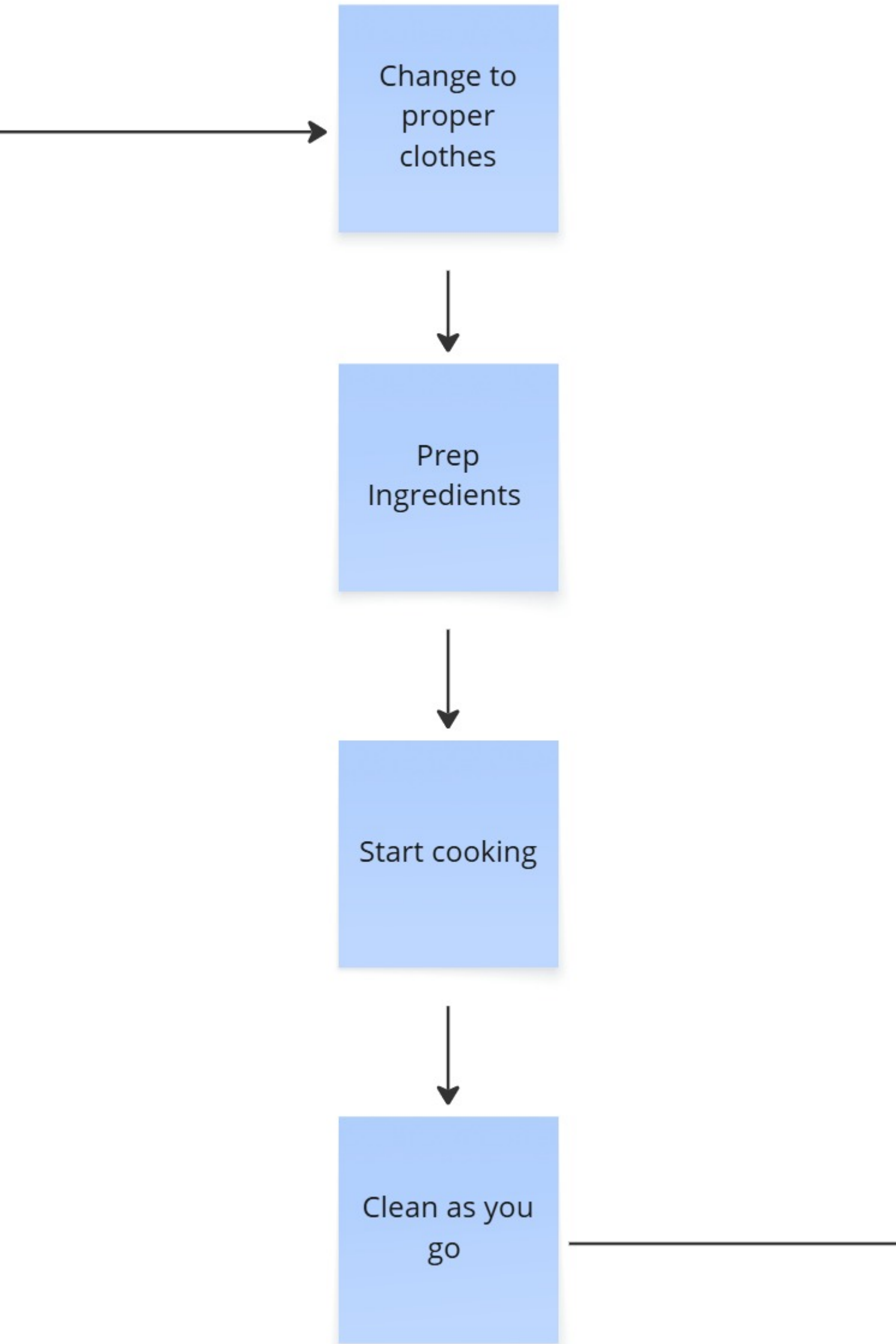
Go to
grocery
store



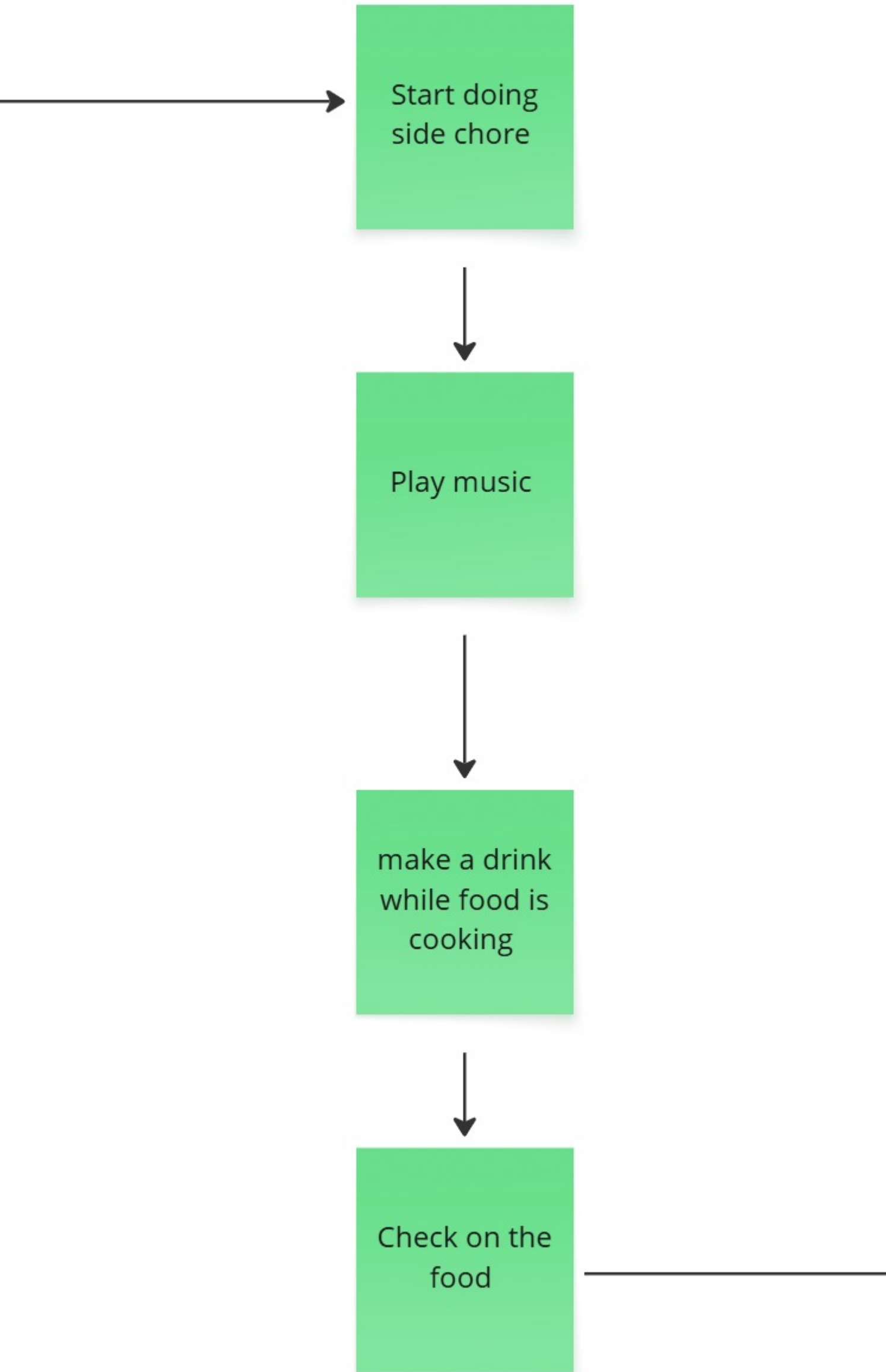
Prepping Ingredients



Start Cooking



Cooking



Finish Cooking

