



WEEK 2

Checklist





Add Your Second Meal

Goal:

Stack a second meal onto your system and build consistency.

Step 1: Lessons

- Watch Lesson 3
- Watch Lesson 4
- Write 3 notes per lesson
- Share one takeaway in the group



Step 2 – Meal Focus

Choose a different meal category than Week 1.

Breakfast

Lunch

Dinner



Step 3 — Sunday Stack

- Prep 5 servings of this meal
- Continue prepping your Week 1 meal
- Portion meals into containers

Step 4 — Start Freezer Staple #1

Choose one:

- Flash freeze rice
- Flash freeze quinoa
- Prep carb base



Step 5 – Produce Staging

- Wash vegetables
- Chop vegetables
- Store in clear containers

"If it is visible, it gets eaten."

Weekly Accountability

- Grocery Protein
Photo
- Sunday Stack
Photo
- Hydration +
movement check-in



Leanne MacDonald
Meal Prep Consultant &
Founder of InspireHER

Weekly Reflection

What challenged you and what will you do next week to move forward or overcome that challenge?



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