



# WEEK 4

## Checklist





# *Build Your Weekly Prep System*

## **Goal:**

Combine everything you have learned to create your complete weekly meal prep routine.

## **Step 1: Lessons**

- ❑ Watch Lesson 7
- ❑ Watch Lesson 8
- ❑ Write 3 notes per lesson
- ❑ Share one takeaway in the group



# Step 2 – Weekly Planning

Plan your weekly meals.

Breakfast

Dinner

Lunch

Snacks



## Step 3 — Sunday Stack

- Prep all your meals for the week
- Prep protein snacks
- Wash and chop vegetables
- Portion meals into containers

## Step 4 — The 24 Hour Protein Rule

Within 24 hours of grocery shopping:

- Cook your protein
- Portion your protein
- Marinate or freeze extra protein

**Rule:** Protein never sits uncooked.



# Daily Meal Mastery Tracker

<b>Day</b>	<b>Ate Prepped Meal</b>	<b>Water Goal</b>	<b>Movement</b>	<b>Posted in Group</b>
<b>Mon</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Tue</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Wed</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Thu</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fri</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sat</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sun</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Meal Confidence Score

How confident do you feel preparing this meal now?

- 1 – Very unsure
- 2 – Learning
- 3 – Getting comfortable
- 4 – Confident
- 5 – I could teach someone else



# Accountability Posts

- Post your Grocery Protein Photo  
Caption: "What I bought and what I'm making."
- Post a Midweek Check-In
- Post your Sunday Stack Photo  
Show your 5 prepared meals.

# Weekly Reflection

What challenged you this week?

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What will you improve next week?

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