

Meal prep session planner

Time	Oven	Hob	Prep / chopping	Done
1:00				☐
1:15				☐
1:30				☐
1:45				☐
2:00				☐
2:15				☐
2:30				☐
2:45				☐
3:00				☐
3:15				☐
3:30				☐
3:45				☐

Start with the longest-cooking dish.

Notes
