

# Carrots 'N' Cake



## MINIMAL MEAL PREP CHECKLIST

### Make a big ol' batch of your favorite protein

I use my **Instant Pot** (or crock-pot) to cook up 3-5 pounds of shredded chicken for the week. I also like cooking up a bunch of chicken sausage or ground meat and then storing it in **glass storage containers** for easy access.

### Roast up a big pan of veggies

I love roasting Brussels sprouts, potatoes, squash, and root vegetables. I lightly coat them with cooking oil and sea salt, place them on a **silicon mat** on a baking sheet, and roast for about 35-45 minutes at 425 degrees F.

### Defrost your favorite frozen veggies

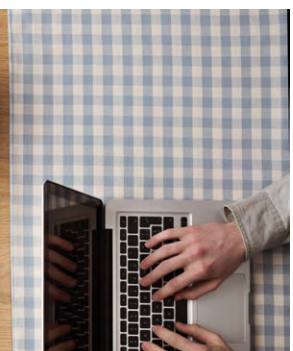
Pour a few servings of your favorite frozen veggies into glass storage containers and then keep them in the fridge for easy access throughout the week. Seeing them every time you open the fridge will encourage you to eat them up!

### Prep your breakfast for the week

Breakfast is one of the easiest meals to prep in advance. Find two that you love and alternate them Monday through Friday, so you don't even have to think about it in the morning!

### Pack ready-to-go snacks

There are no excuses when you can quite literally grab a healthy snack that's already packed. Some favorites: **snack boxes**, **protein balls**, and **cereal trail mix**.



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