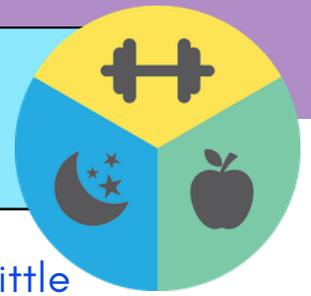


MealPrep Prompts

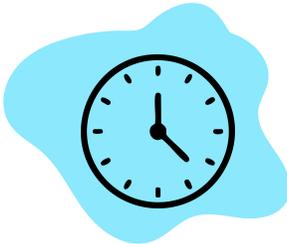


Create a Meal Plan that Works without Guesswork. With a little pre-planning you can create a regular gem to run each week.



01 - Upload a document describing each family member's preferences and nutritional needs:

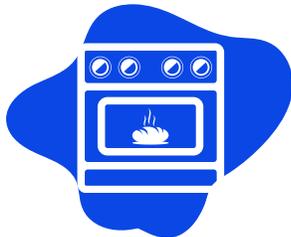
"Person A" is a toddler who needs foods that are safe for 3 and under. They will not eat mushrooms



02- Timing

Upload a spreadsheet or list of your weekly schedule and desired mealtimes

Include when your kids get off the bus, when meals need to be served by, and how long you prefer your prep and mealtimes are. Be as specific as possible and include suggestions .



03- Preferred Appliances

Include days that you need a crockpot or prepared meal. Note if you need specific days to use the instapot, airfryer, or grill.



04 - Pantry Staples

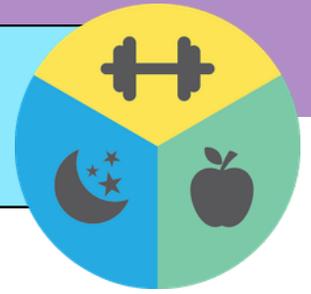
This takes some legwork but will save you money and sanity in the long run. Before you enter your prompt, peek in your fridge and pantry and see what needs to get used up. "Include recipes that use zucchini, leftover oatmeal, and quinoa". Also include where you most often grocery shop. This will help the robots create a shopping list.



05 - Customer Wants To Think About The Purchase

"That's great that you'd like to think about the purchase, however I'd like to remind you that this price is only for the weekend as the sale ends on Sunday."

MealPrep Prompts



**So there you have it.
Create customizable plans you can easily run for each week.**

Please ask your robot to include a link to the recipe so you can visit the site and thank the human who created the recipe. You will also want to double check the night before so you can defrost or set aside any ingredients.

I hope this helps!



In case we haven't met yet, I'm Sarah Ann Kelly.

I run MomTrainer.com and help busy mommas like us create lifestyles of wellness and strength. I am a mom of three little kiddos and completely understand how mentally and physically exhausting dinnertime can be! I hope this helps you create some ease and takes a bit of the load off of your back. Please visit the MomTrainer.com blog for more life-saving tips and sign up for my workout programs you can do anywhere. If you are looking to create a customized workout program and get accountability, please contact me for information on how I work with clients virtually. Thanks!!

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