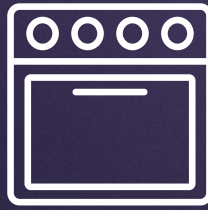


# 90 MINUTE MEAL PREP HACK



## STEP 1

Place all groceries on the counter. Don't put anything away yet!



## STEP 2

Preheat oven to **400°**



## STEP 3

Turn music on (Music is a must or a motivating audiobook)



## STEP 4

Put week's poultry and potatoes into glass baking dishes adding only spices, nothing else.



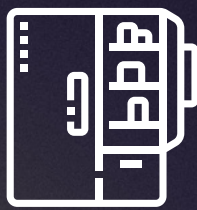
## STEP 5

Put dish into oven.



## STEP 6

Once the oven is at 400°, set a timer for 35 min for chicken and 70 min for potatoes.



## STEP 7

Put veggies into freezer/fridge.



## STEP 8

Put refrigerated items like egg whites away.



## STEP 9

Put rice in rice cooker if you have one. If you do not have one, here are easy instructions.