

# 9 Meal Prep Tips



Make a  
Meal Plan



Schedule  
Time for It



Make a  
Grocery List



Look for  
Shortcuts



Learn to  
Multitask



Make Double  
Batches



Use Good  
Containers



Store Portions  
Individually



Start  
Small



# Phonics Practice Meal Prep Ideas Tips

**Zhe Xu**



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