

{ Prep List }

w/o: feb 05, 2017

Whoohoo, it's prep time! After you're finished prepping each ingredient, store in covered container if you're not using it right away.

chop it up

- dice veggies for roasted veggies + sausage bake - broccoli, zucchini, bell peppers
- chop up onions
- cut sausage into coins for sausage bake

in the oven/on the stove

- cook bacon for sandwiches ahead of time
- cook onion-bacon-garlic-thyme mixture for meatloaf ahead of time