



◆ Wellbeats

Wellness

Simply Prepped program

Your Healthy Pantry Guide • Simplify your cooking routine with practical tips and delicious recipes. Learn how to plan your menu and stock a healthy pantry, discover easy snack and meals ideas, and master batch cooking for stress-free meals. You'll be ready to enjoy nutritious meals and meal with ease!

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|--------|--|--|--|---|---|--|--|
| WEEK 1 | <p>How to Plan Your Menu</p> <p>6 mins</p> | <p>Stocking a Healthy Pantry</p> <p>5 mins</p> | <p>Batch Cooking</p> <p>2 mins</p> | <p>Crockpot Chicken Chili Verde</p> <p>2 mins</p> | <p>Meal Planning & Meal Prep</p> <p>1 min</p> | <p>What to Do With Leftovers</p> <p>1 min</p> | <p>Sun Dried Tomato Frittata</p> <p>2 mins</p> |
| WEEK 2 | <p>School Lunches</p> <p>5 mins</p> | <p>Homemade vs Convenience</p> <p>8 mins</p> | <p>Granola Gone Nutz</p> <p>3 mins</p> | <p>10 Easy Snacks for On-the-Go</p> <p>5 mins</p> | <p>Chia Pudding Parfait</p> <p>1 min</p> | <p>Easy and Healthy Lunch Ideas</p> <p>1 min</p> | <p>Turkey Bacon Lettuce Wrap</p> <p>2 mins</p> |