



MEAL PREPARATION AND TIME PLANNER

Part of Meal to be prepared	Preparation time	Cooking time

Order

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MEAL PREPARATION AND TIME PLANNER

Part of Meal to be prepared	Preparation time	Cooking time
Grilled chicken breast	10 minutes - to remove fat	30 minutes
Mashed potatoes	10 minutes - to peel and quarter two potatoes	20 minutes to cook 5 minutes to mash 5 minutes to stir in butter and milk
Frozen carrots and beans	5 minutes - to remove from freezer bag	10 minutes to cook in microwave

Order

1. Peel potatoes and place in saucepan to boil. (10 minutes)
2. Prepare chicken breast and place on griller. (10 minutes)
3. Remove carrots and beans and place in microwave safe container. (5 minutes)
4. Turn chicken breasts over to cook second side. (15 minutes)
5. Microwave carrots and beans. (5 minutes)
6. Drain potatoes and mash. (5 minutes)
7. Stir in butter and milk. (5 minutes)
8. Get out serving plates.
9. Drain microwaved vegetables.
10. Place chicken breast, mashed potato, microwave vegetables on serving plate.