



Confessions of a Fit Foodie

eat clean. **get fit. be happy.**

SUPPLIES FOR PREP DAY:

- a Slow Cooker
- A saute pan
- box of gallon-sized freezer bags
- 1-2 small ziplock bags for veggie scraps
- small foil freezer pan with lid
- a sharpie
- parchment paper
- 2 baking sheets
- large glass bowls for cooling/mixing
- measuring cups
- measuring spoons
- spoons/whisks for mixing