



Confessions of a Fit Foodie

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

SUPPLIES FOR PREP DAY:

- an Instant Pot - I have [this one](#) (affiliate) and couldn't love it more than I do!
- 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