

Meal prep and food safety

Use separation, cooking and chilling checks in a prep workflow.

01 / Understand the starting point

FoodSafety.gov organizes food safety around cleaning, separating, cooking and chilling. Treat these as preparation steps rather than an afterthought once the food is packed.

02 / Make the useful distinction

Keep raw foods and their utensils separate from ready-to-eat ingredients. Wash hands and preparation surfaces. A visual change alone does not verify a safe internal cooking temperature.

03 / Put it into practice

Use a food thermometer and the official chart for the specific food. Refrigerate perishable food promptly; the source advises within two hours, or one hour above 90 degrees F / 32 degrees C.

04 / Review and adapt

Label containers with contents and date, and consult the official storage guidance for the food involved. Smell alone cannot establish safety. Special medical vulnerabilities may require additional advice.

Original education and planning material. Sources support the general context; sample schedules and worksheets are editorial applications, not tested individual prescriptions.

Put the guide to work.

A worked example, then your own next step.

A practical example

Write a prep order: clean workspace, prepare ready-to-eat items, handle raw ingredients separately, check cooking temperature, portion and chill promptly. Add fridge dates before stacking containers.

Your decisions

What task or goal do I want to improve?

What is my starting point and what remains uncertain?

Which detail changes my next useful action?

What would make the action easier to repeat?

When will I review it, and what would require earlier help?

Use the platform

Training: compare programs and technique guides. Daily: generate a session or arrange a week. Planner: calculate targets and select meals. Progress: record completed work. Learn: return to clinical reading when symptoms need professional assessment.

Your working record.

Printable worksheet; use the companion CSV for an editable version.

Food / batch	Prep date	Temperature check	Chilling and storage	Use / freeze decision

Evidence and original clinical reading

<https://www.foodsafety.gov/keep-food-safe/4-steps-to-food-safety>

This original workbook is free to keep and use. The source provides background reading; examples are practical frameworks to adapt. Individual medical and nutrition needs require suitable professional advice.