

# Checklist For Starting a Meal Prep Business

## Market Research

- Identify target demographics
- Analyze local competition
- Survey potential customers
- Study food industry trends

## Business Planning

- Develop a business plan
- Set pricing strategies
- Choose a business model
- Plan meal offerings

## Licensing and Compliance

- Obtain food service license
- Secure health department approval
- Register for taxes
- Comply with local regulations

## Kitchen and Equipment

- Lease or purchase kitchen space
- Buy cooking and packaging equipment
- Setup cleaning stations
- Organize storage areas

## Brand and Marketing

- Create a brand identity
- Develop a marketing strategy
- Design a website
- Plan social media campaigns

## Operations Management

- Hire skilled chefs and staff
- Establish supplier relationships
- Create an order management system
- Schedule regular training

## Launch and Growth

- Conduct a soft launch
- Collect customer feedback
- Adjust offerings based on demand
- Plan for scaling up

## Go-to Resources for Opening a Meal Prep Business

### Food Costing

- [Recipe Cost Calculator](#)
- [Plate IQ](#)
- [BevSpot](#)

### Order Management

- [Toast](#)
- [Square](#)
- [Shopify](#)

### Business & Accounting

- [ZenBusiness](#)
- [Northwest Registered Agent](#)
- [FreshBooks](#)
- [MyCorporation](#)

### Useful Tools

- [Logo Generator](#)
- [Invoice Generator](#)

\*All of the resources are clickable links