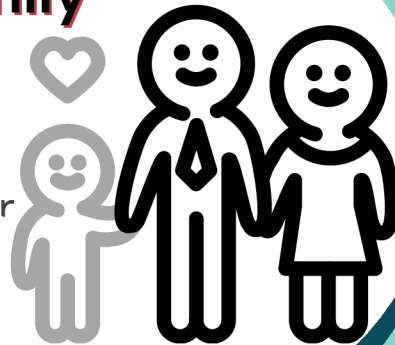


Quick Meal Plan System

01

Think About Your Family

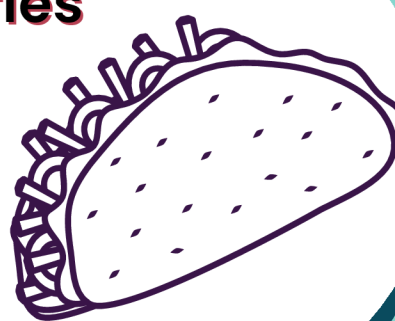
Reflect on your family's routine, schedule, and energy levels to ensure your meal plan works for everyone.



02

Choose Your Categories

Assign a category to each day of the week the week based on your family's needs and preferences.



03

Record It

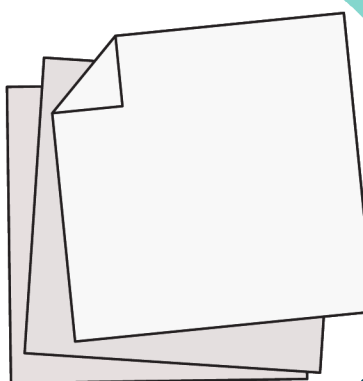
Write your meal plan in a visible, central spot where everyone can easily access it.



04

Jot Down Meal Ideas

Note a few simple meal ideas for each category to make planning even easier throughout the week.



05

Start Small – See Big Changes!

Implement the system, try it for a week or two, and discover how it can make your life more manageable.

