

Plan three flexible dinners

Fill in digitally and save a copy, or print blank and write by hand.

Start with familiar foods. Record serving details, not bites eaten.

DINNER 1

Date	Dinner / components

Familiar food + serving detail (e.g., warm shells, no sauce)

Prepare ahead	Cook fresh at dinner	Keep separate

DINNER 2

Date	Dinner / components

Familiar food + serving detail (e.g., warm shells, no sauce)

Prepare ahead	Cook fresh at dinner	Keep separate

DINNER 3

Date	Dinner / components

Familiar food + serving detail (e.g., warm shells, no sauce)

Prepare ahead	Cook fresh at dinner	Keep separate

Try two dinners first if three feels like too much. Repeating a meal is allowed.

Shop, label & adjust

Check your cupboard first. Buy only what your chosen dinners need.

Shopping list: ingredient + quantity

Already in the fridge / cupboard

Prep order: what needs doing first?

LABEL YOUR PREPARED FOOD

Check safe storage times in the article before assigning dates.

Food / portion

Cooked on

Fridge / freezer

Use / freeze by

Food / portion

Cooked on

Fridge / freezer

Use / freeze by

Food / portion

Cooked on

Fridge / freezer

Use / freeze by

Simple backup dinner already available

One useful note for next time (e.g., toast fresh, sauce on the side)