

A WEEK OF FOOD WITHOUT DECIDING DAILY

The Meal Planning Template

Meal planning fails when it demands creativity every week. Build a rotation instead, and let the decisions be made once.

BUILD THE ROTATION ONCE

- Name ten dinners the household actually eats
- Assign a theme per weeknight to narrow choice
- Keep two of the ten as no-cook or freezer
- Rotate, do not reinvent

PLAN AROUND THE WEEK YOU HAVE

- Look at the week before you plan the food
- Hardest day gets the easiest meal
- Cook once, eat twice where the meal allows
- One night is deliberately leftovers

SHOPPING THAT MATCHES THE PLAN

- Shop from the plan, not from the cupboard
- Check what you already have first
- One shop a week, top-up only for fresh
- Standing order for the items that never change

WHEN THE WEEK GOES SIDEWAYS

- Move the meal, do not abandon the plan
- The freezer meal exists for exactly this
- A repeated meal is not a failure

YOUR TEN

List the ten meals. If you cannot reach ten, five that repeat is still a plan.

We build these systems for you.

Most people know which area is weakest. What they lack is the two uninterrupted weeks it takes to fix it. That is the part we do: we build it, document it in English and Spanish, train the people who use it, and stay on to adjust it.

Book a consultation at sortandplace.com