

# Menu & Shopping List

Week of: \_\_\_\_\_

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
B							
L							
D							
S							

## Fruit & Veg

  
  
  
  
  
  
  
  


## Cupboard & Bakery

  
  
  
  
  
  
  
  


## Fridge

  
  
  
  
  
  
  
  


## Freezer

  
  
  
  
  
  
  


## Meat & Fish

  
  
  
  
  
  
  


## Non-Food

  
  
  
  
  
  
  



# Prep Schedule

## Morning Prep (5-15 mins)

**For slow cooker meals** - step-by-step checklist of morning tasks, eg:

"Chop vegetables"

"Brown meat if needed"

"Add ingredients to slow cooker and set timer"

**For evening meals** - quick prep tasks, eg:

"Take meat out of freezer"

"Marinate chicken before leaving for work"

## After-School/Work Prep (10-20 minutes)

**Tasks that need to be done closer to dinner time, eg:**

"Prepare side dishes"

"Make salad"

"Start rice cooker"

## Weekend Batch Prep Ideas

**Tasks that can be done once for multiple meals, eg:**

"Chop and freeze vegetables for three meals"

"Prepare sauce bases and refrigerate"

"Cook and portion rice/pasta for quick meals"

## Time-Saving Tips Section

**Specific tips for each meal in your weekly plan, eg:**

"Tuesday's bolognese sauce can be doubled and frozen for next week"

"Thursday's leftover chicken works in Friday's sandwiches"

"Sunday's roast vegetables can become Monday's soup base"

## Exact Timing Guides

**For particularly busy days, a detailed timeline:**

- 7:00 am: Put ingredients in slow cooker (5 mins)
- 7:05 am: Set timer for 8 hours on low
- 4:00 pm: Prepare side dish and refrigerate (10 mins)
- 5:30 pm: Start cooking accompaniments, eg rice/pasta (2 mins)
- 5:45 pm: Final seasoning check for slow cooker meal (2 mins)
- 6:00 pm: Dinner ready to serve

# Daily Planner

## Today's Schedule

7 am	
8 am	
9 am	
10 am	
11 am	
12 pm	
1 pm	
2 pm	
3 pm	
4 pm	
5 pm	
6 pm	
7 pm	

## Menu for the Day

Breakfast	
Lunch	
Dinner	
Snacks	

