

# Family Dinner Rotation

Twelve to fifteen meals your family will actually eat. Fill it in on a computer, or print it and write by hand.

## ■ QUICK

On the table in about 30 minutes.

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## ■ ONE-POT

One pan or pot, little cleanup.

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## ■ ASSEMBLY

No real cooking, just put it together.

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## ■ SLOW-COOKER

Start it in the morning, done by dinner.

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## ■ BACKUP

The everything-fell-apart meal. The freezer is where these live.

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## ■ KEEP A NOTE

What keeps the rotation from going stale.

Meals someone will not eat \_\_\_\_\_

The two or three we are tired of \_\_\_\_\_

One new meal to test this month \_\_\_\_\_