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Weekly Dinner Map

Sort the nights first, then choose the food. Match dinner to the night you actually have.

Week of _____

PICK A TYPE FOR EACH NIGHT

Eat-together	Most people home within the same hour
Split	People eat in two waves
Car	Someone eats before, after, or between activities
Assembly	No energy to cook: rotisserie, salad kit, eggs and toast
Backup	Schedule might fall apart: freezer meal, leftovers, pantry pasta

MAP THE WEEK

	CONSTRAINT	TYPE	MEAL	OWNER	FALLBACK	PREP NOTE
Mon						
Tue						
Wed						
Thu						
Fri						