

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	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>