

This Week's Meal Grid

One undated week on one page: seven dinners, leftover box, snack line, grocery column. Three named starter dinners are already written as examples. They are labelled SAMPLE. This is not a meal-plan service.

How to use this on Sunday in ten minutes

1. Minute 0-3: write three dinners you already know (or keep the three samples and swap one).
2. Minute 3-6: fill the leftover box so cooked food becomes lunch, not a bin bag.
3. Minute 6-8: snack line and the grocery column on this same page.
4. Minute 8-10: stick it on the fridge. Stop. You do not need a 12-week system tonight.

This week - dinners, leftovers, snacks, grocery (same page)

Day	Dinner	Leftover box	Snack line	Grocery column
Mon	pasta bake · SAMPLE			
Tue	traybake · SAMPLE			
Wed	soup and bread · SAMPLE			
Thu				
Fri				
Sat				
Sun				

Leftover box / snack line notes

What cooked food becomes lunch

Paid next step

The 12-week Meal Planner is the paid next step (breakfast, lunch, dinner, snacks, leftover-to-lunch, theme nights, a family-of-four sample week). A Meal Planning Bundle is a later pack - not in this first shop.