BUILT DAILY

FOOD JRNL

6 weeks of meals, planned and prepped.

FITNESS APPLIED

FREE EDITION

HOW TO USE THIS FILE

The whole Food JRNL. Type in it, or print it.

TYPE IN IT

Every line, box and circle is a form field. Open this file in a PDF app that handles forms. Adobe Acrobat Reader is free on phones, tablets and computers. Tap a line and type. Tap a circle to mark it.

SAVE IT

Save the file when you finish, so what you typed stays in it. A web browser will let you type, but it doesn't always save what you wrote. Keep one copy and add to it every day.

PRINT IT

Print on US Letter paper at 100% ("Actual size"). Print the week plan and shopping list on one sheet, front and back, and stick it on the fridge.

SHARE IT

Send people to fitnessapplied.com/food-jrnl so they get the newest copy. Please don't sell it.

THE HARDCOVER

The same pages, printed and bound, are on Amazon in hardcover. Find the link at fitnessapplied.com/food-jrnl.

The page numbers in this file match the printed book. This file starts with a cover and this page, so page 1 of the book is the third page of the file.

FOOD JRNL

6 weeks of meals, planned and prepped.

THIS BOOK BELONGS TO _____

I STARTED ON _____

I FINISHED ON _____

IF FOUND, PLEASE RETURN TO _____

1. Fill in "My kitchen" and "My staples" (pages 16 and 17).
2. Plan week 1 on page 18. Shop from page 19.
3. Prep. Then write Day 1.

LEGAL

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This book is general information for adults and a place to keep your own record. It is not medical, nutrition or dietary advice, and it does not diagnose or treat any condition. It does not tell you what or how much to eat. The 1 to 5 scores are your own ratings, not medical measures.

If you have a food allergy, a medical condition, are pregnant, or follow a diet your doctor gave you, follow that plan and talk to your doctor or a registered dietitian before changing how you eat. If keeping a food record becomes stressful, stop and talk to a doctor or someone you trust.

Food safety temperatures and storage times are from the USDA Food Safety and Inspection Service and were current when this book was printed. Check fsis.usda.gov for the newest guidance. Fitness Applied is not responsible for illness from food stored or cooked by the reader.

Published by Fitness Applied. fitnessapplied.com

BEFORE WE START

WHY KEEP A FOOD JRNL

Most of us don't decide what to eat. We find out at six o'clock, standing in front of the fridge, tired and hungry. Whatever is closest wins.

This book moves that decision to Sunday. You plan the week on one page. You shop from a list. You cook once and pack it up. Then, every day, you write down what you actually ate. It takes about three minutes.

There is no meal plan in here. No calorie target. No list of good foods and bad foods. You bring the food. The book brings the system.

After a week you'll see which meals you skip, which days fall apart, and what ends up in the trash. After six weeks you'll have a list of meals that work for your life, written in your own hand.

That list is the point. It's yours to keep.

FITNESS APPLIED

READ THIS FIRST

BEFORE STARTING

A record, not a diet.

WHAT THIS BOOK IS

The Food JRNL is a planner and a log. It helps you plan meals, shop, prep and write down what you ate. We don't tell you what to eat or how much. It is general information for adults, not medical or nutrition advice.

IF YOU FOLLOW A MEDICAL DIET

If you have a food allergy, diabetes, kidney disease, high blood pressure, are pregnant, or eat to a plan your doctor gave you, follow that plan. Write it into this book. Talk to your doctor or a registered dietitian before you change how you eat.

IF IT STOPS FEELING GOOD

Writing food down should make your week easier. If it starts to feel stressful, or turns into rules about what you're allowed to eat, stop. Put the book down. Talk to a doctor or someone you trust. That's not what this book is for.

FOOD SAFETY

Prep means food sits in the fridge for days. Learn the rules on page 11 before your first prep day. Use a food thermometer. When in doubt, throw it out.

THE SHORT VERSION

You choose the food. The book holds the plan.

Numbers are optional. Words are enough.

Miss a day? Leave it blank and keep going.

ANYTHING MY DOCTOR TOLD ME TO FOLLOW

THE SYSTEM

HOW TO USE THIS JRNL

One loop, six times. Plan, shop, prep, eat, read.

1 **Plan** SUNDAY · 15 MINUTES

Fill in the week plan. Start with what's already in your fridge. Mark your busy days first, because those are the days you'll eat from prep.

2 **Shop** SAME DAY · 10 MINUTES

Turn the plan into a shopping list on the facing page. Check your staples list too. Write your budget at the bottom before you go.

3 **Prep** COOK DAY · 1 TO 2 HOURS

Cook the things that take longest. Portion, label and date everything. The prep page keeps track of what you made and when to eat it by.

4 **Eat and write** EVERY DAY · 3 MINUTES

Write what you ate in a few words, where it came from, and whether it matched the plan. Two quick scores: how hungry before, how full after.

5 **Read** SUNDAY · 10 MINUTES

Count the week on the review page. Answer four questions. Pick one thing to change. Then plan the next week.

> Every page is undated, so you can start any day. Day 1 is the day after your first plan. Write the date at the top of each page.

WITH THE JRNL AND THE GYM JRNL

All three books cover the same six weeks. The JRNL holds your day, the Gym JRNL holds your training, and this one holds your food. Each works on its own.

MY NOTES

CONTENTS

THE MAP

Where each page is.

START HERE

Why keep a Food JRNL **3**
Before starting **4**
How to use this JRNL **5**
The week at a glance **7**

GUIDES

The week plan **8**
The shopping list **9**
Prep day **10**
Keep it cold, keep it dated **11**
The daily page **12**
Hungry before, full after **13**
Water, kitchen checks and my numbers **14**
The Sunday review **15**

BEFORE WEEK 1

My kitchen **16**
My staples **17**

SIX WEEKS

Week 1: plan, list, prep, days 1 to 7, review **18–29**
Week 2: plan, list, prep, days 8 to 14, review **30–41**
Week 3: plan, list, prep, days 15 to 21, review **42–53**
Week 4: plan, list, prep, days 22 to 28, review **54–65**
Week 5: plan, list, prep, days 29 to 35, review **66–77**
Week 6: plan, list, prep, days 36 to 42, review **78–89**

AT THE END

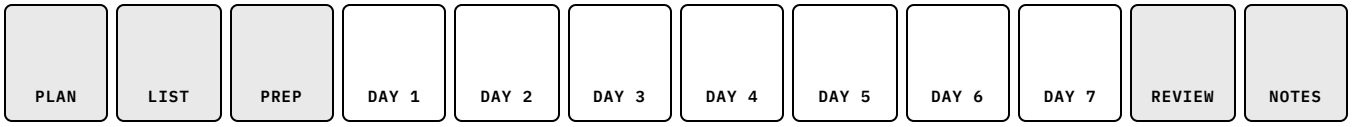
Six weeks, read **90**
My go-to meals **92**
Notes **94**
Legal **2**

ONE WEEK

THE WEEK AT A GLANCE

Twelve pages. The same twelve, six times.

PAGE	HOW MANY	WHAT IT HOLDS
Week plan	1 page	Every meal for seven days, plus what to use up first.
Shopping list	1 page	By section of the store, with a budget line.
Prep day	1 page	What you cooked, how many portions, and the eat-by date.
Daily pages	7 pages	What you ate, where it came from, and how it went.
Sunday review	1 page	Count it, read it, change one thing.
Notes	1 page	Recipes, prices, ideas. Anything you want to keep.



HOW LONG IT TAKES

Plan and list	about 25 minutes, once a week
Prep	1 to 2 hours, once or twice a week
Daily page	about 3 minutes a day
Review	about 10 minutes, once a week

The week plan always sits on a left page, facing its shopping list. Open the book flat on Sunday and both are in front of you.

MY NOTES

THE WEEK PLAN

Decide on Sunday, so you don't have to decide at six o'clock.

WHAT IT IS

One page with a row for each day and a box for each meal: morning, midday, evening and snacks. Above it, your shop day and cook day. Below it, your busy days, any meals out, and the food you already have that needs eating first.

WHY TRACK IT

A plan turns twenty-one small decisions into one sitting. It also shows you the gaps before they happen. A blank Wednesday dinner on Sunday is easy to fill. On Wednesday night it's a drive-through.

HOW TO FILL IT IN

Start at the bottom. Write what's already in your fridge and freezer under "Use first." Mark the busy days. Then fill the meals, busy days first, from prep. Plan leftovers on purpose: "Chili" on Monday night can be "Chili (left)" on Tuesday midday. A few words per box is plenty.

WHAT THE PATTERN TELLS YOU

After two or three weeks you'll see your real week. Maybe you never eat breakfast on workdays. Maybe Friday is always out. Plan for the week you have, not the one you wish you had.

GET MORE FROM IT

Repeat what works. The same breakfast five days in a row is a plan, not a failure. Keep a few "if all else fails" meals that take ten minutes and live in your pantry.

MISSED IT?

No plan this week? Plan three days. A short plan beats no plan.

The Sunday question: *Which planned meal did I skip most, and what would I plan instead?*

PLAN THE GAPS FIRST

Busy days eat from prep.

Late nights get a ten-minute meal.

Leftovers are planned, not found.

MY NOTES

THE SHOPPING LIST

Shop the plan, not the store.

WHAT IT IS

The page that faces your week plan. Sections follow a store: produce, meat and fish, dairy and eggs, bread and grains, cans and jars, frozen, spices and sauces, and other. A check circle sits next to every line. At the bottom: store, budget and what you spent.

WHY TRACK IT

A list keeps the plan and the cart in step. Without one, you buy what looks good and forget what you need. Writing the budget first, and the total after, shows you what a week of food really costs you.

HOW TO FILL IT IN

Read your plan one meal at a time and write each thing you don't already have. Then read your staples list and add anything that's low. Check each line as it goes in the cart. Write the total from the receipt when you get home.

WHAT THE PATTERN TELLS YOU

Look at what you buy every week. That's your real staples list. Look at what you bought and never used. That's money you can keep next week.

GET MORE FROM IT

Shop the edges of your plan: one bag of greens for three meals beats three kinds of greens for one meal each. Buy for the meals you planned, plus one backup.

MISSED IT?

Shopped without a list? Write down what you bought anyway, then plan around it.

The Sunday question: *What did I buy this week that I never used?*

BEFORE YOU GO

- Check the fridge.
- Check your staples list.
- Write the budget first.

MY NOTES

PREP DAY

Cook once. Eat for days.

WHAT IT IS

One page for each week's cook day. A table for what you made: how many portions, how many containers, fridge or freezer, and the date to eat it by. Under it, the order you'll work in, what to thaw later in the week, and four checks to finish.

WHY TRACK IT

Prep only helps if you eat it. Writing the eat-by date on the page and on the container keeps food out of the trash. The page also shows how long prep really takes, so you can plan the time.

HOW TO FILL IT IN

Before you start, write what you're making and number the order of work. Oven things go first because they take longest and need no watching. Stovetop next. Chopping and cold food last. As each thing finishes, count the portions and write the eat-by date.

WHAT THE PATTERN TELLS YOU

If the same thing gets thrown out every week, make less of it or freeze half. If prep takes three hours, cut a dish. Two or three dishes done well beats six done in a rush.

GET MORE FROM IT

Prep parts, not just meals: a pan of rice, a tray of roasted vegetables, a pound of cooked protein and one sauce can make five different plates. Freeze one portion of each batch for a bad week.

MISSED IT?

No time for a full prep? Do one thing: cook a grain or a protein. Anything ready in the fridge helps.

The Sunday question: *What did I prep that I didn't eat, and why?*

ORDER OF WORK

1. Oven on first.
2. Long cooks next: grains, beans, stews.
3. Stovetop while those cook.
4. Chop and pack cold food last.

MY NOTES

KEEP IT COLD, KEEP IT DATED

The rules that make prep safe. From USDA FSIS.

Prepped food sits in the fridge for days, so these rules matter more here than anywhere else. Use a food thermometer. Look and smell can't tell you if food is safe.

COOK IT TO

Ground beef, pork, lamb, veal	**160°F**
Steaks, chops, roasts (beef, pork, lamb, veal)	**145°F, rest 3 minutes**
Chicken and turkey, all of it	**165°F**
Fish and shellfish	**145°F**
Egg dishes	**160°F**
Leftovers and casseroles, reheated	**165°F**

KEEP IT FOR

	FRIDGE	FREEZER
Cooked leftovers, soups, stews	3 to 4 days	2 to 6 months
Raw ground meat, raw chicken	1 to 2 days	3 to 12 months
Raw steaks, chops, roasts	3 to 5 days	4 to 12 months
Raw fish	1 to 2 days	3 to 8 months
Hard-cooked eggs	1 week	Don't freeze

THE FIVE RULES

Two hours. Cooked food goes in the fridge or freezer within 2 hours. Within 1 hour if it's above 90°F.

40°F and 0°F. Keep the fridge at 40°F or below and the freezer at 0°F or below.

Shallow containers. Split big batches into shallow containers so they cool fast.

Thaw cold. Thaw in the fridge, in cold water, or in the microwave. Never on the counter.

Label everything. What it is and the date you made it. The prep page has an eat-by column for this.

Frozen food stays safe, but it loses quality over time. The freezer times are for best taste. When in doubt, throw it out.

Source: USDA Food Safety and Inspection Service, Safe Minimum Internal Temperature Chart and Keep Food Safe! Food Safety Basics.

MY NOTES

THE DAILY PAGE

What I ate, in a few words. Three minutes a day.

WHAT IT IS

One page for each of the 42 days. Four meal blocks: morning, midday, evening, and snacks and drinks. Each block has a time, two lines for what you ate, where it came from, and whether it matched the plan. Below the meals: water, kitchen checks, an optional numbers box and a question for the day.

WHY TRACK IT

Eating is automatic. Most of it happens before we think about it. A few words after each meal builds a record no memory can match. It also shows how often the plan actually held.

HOW TO FILL IT IN

Write as you go, or at night in one sitting. Plain words work: "eggs and toast," "chili (prep)," "vending machine chips." Circle where it came from: home, prep, packed or out. Circle whether it was planned, swapped or skipped. Score how hungry you were before and how full after.

WHAT THE PATTERN TELLS YOU

Look for the swaps. A meal you swap every day wasn't the right plan. Look at "out." If most outs land on one day, that day needs a prep meal. Look at skipped meals and what you ate two hours later.

GET MORE FROM IT

Write what happened, not what you wish happened. There is no grade on this page. An honest "skipped" teaches you more than a perfect page you made up.

MISSED IT?

Forgot a meal? Fill it in from memory or leave it blank. Missed a whole day? Skip the page and start on today's.

The Sunday question: *Which meal did I swap the most, and what did I swap it for?*

WHERE IT CAME FROM

Home: cooked or made that day.

Prep: from your prep day.

Packed: brought from home.

Out: bought, ordered or served to you.

MY NOTES

HUNGRY BEFORE, FULL AFTER

Two numbers from 1 to 5 for each meal. Neither one is a target.

HOW HUNGRY WAS I BEFORE?

1	**Not hungry**	I ate because it was time, or it was there.
2	**A little**	I could have waited.
3	**Hungry**	Ready to eat.
4	**Very hungry**	Hard to think about much else.
5	**Starving**	I'd eat anything close.

HOW FULL WAS I AFTER?

1	**Still hungry**	I wanted more.
2	**Satisfied**	Could eat a little more.
3	**Comfortable**	Done, and feeling fine.
4	**Full**	A little past done.
5	**Stuffed**	Uncomfortable.

WHY TRACK IT

These two numbers connect the plan to how you feel. A 5 before a meal usually means a long gap since the last one. A 5 after often follows a 5 before. The scores show you the gaps in your day.

HOW TO SCORE IT

Circle one number before you eat, or right after you start. Circle the second one when you finish. Don't think too hard. Your first answer is right.

WHAT THE PATTERN TELLS YOU

Look at the time between meals on days with lots of 4s and 5s before eating. If the same meal is always a 5, plan a snack before it, or move it earlier. You're reading the clock, not grading the food.

MISSED IT?

Leave the circles blank. The words are what matter.

The Sunday question: *When was I hungriest this week, and how long had it been since I ate?*

MY NOTES

WATER, KITCHEN CHECKS AND MY NUMBERS

Small boxes. Most of them take a second.

WATER

Write how many glasses or bottles you drank. Pick one size and stick with it, so the numbers compare. There's no goal on the page. Your doctor can tell you if you need one.

KITCHEN CHECKS

Four circles: I cooked today, I ate from my prep, I packed tomorrow's food, and something went in the trash. If something did, write what. The trash line is the most useful line in the book. It's money and time you can get back.

MY NUMBERS (OPTIONAL)

Some people count calories, protein, or something a doctor asked them to watch. Most don't. If you do, write the name of the number in the label line and the amount next to it. If you don't, leave the box empty. The book works the same either way.

TODAY'S QUESTION

Every day has one short question about food, cooking or your week. Answer it in a line or two. On Sunday, read the week's answers before the review.

ONE THING FOR TOMORROW

One small, doable thing. "Thaw the chicken." "Pack lunch tonight." Write it, then do it before bed.

The Sunday question: *What went in the trash this week, and what's one fix?*

IF YOU TRACK NUMBERS

You choose which ones.

Use one app or one label, every day.

Write the number, not a judgment.

MY NOTES

THE SUNDAY REVIEW

Sunday is when the week turns into information.

WHAT IT IS

One page at the end of each week. Counts for the meals you planned, ate as planned, swapped and skipped. Where your meals came from. Prep made, eaten and thrown out. Money spent against your budget. Four questions, one change for next week, and up to three meals to keep.

WHY TRACK IT

The daily pages record. The review reads. It's the only place numbers from seven pages sit together, and that's where patterns show up. It's also where your list of go-to meals grows.

HOW TO FILL IT IN

Open the week's daily pages. Count; a rough count is fine. Copy your spend from the shopping list. Answer the questions in a line each. Pick one change, only one. Then copy any meal worth keeping to "My go-to meals" in the back.

WHAT THE PATTERN TELLS YOU

Planned and eaten-as-planned getting closer each week means your plans are getting real. Thrown-out prep going down means you're cooking the right amount. Out meals clustering on one day tells you where next week's prep should go.

GET MORE FROM IT

Read last Sunday's change before you write this one. Did you do it? One change a week, done, beats five promised.

MISSED IT?

Do it Monday. A late review is still a review.

The Sunday question: *What does my food log say that I didn't already know?*

MY NOTES

BEFORE WEEK 1

MY KITCHEN

I answer these once, before my first plan.

1. Who am I feeding? How many people, and how many meals a day each?

2. Which day will be my shop day? Which day will be my cook day?

3. What meals can I already make without a recipe?

4. Which meals do I eat out most often? Which one could I make at home?

5. How many containers do I have? Do they have lids? What do I need?

6. What do I want to spend on food each week?

7. What do I want these six weeks to make easier?

MY STAPLES

The things I always want in the kitchen. I check this list before every shop.

PANTRY

FRIDGE

FREEZER

SPICES AND SAUCES

MY WEEK 1 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 1 _____				
DAY 2 _____				
DAY 3 _____				
DAY 4 _____				
DAY 5 _____				
DAY 6 _____				
DAY 7 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 1 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 1 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 1 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What do I want food to make easier these six weeks?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 2 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal of the day is hardest for me to plan? Why?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 3 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I eat today that I'd happily eat again this week?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 4 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

When am I most likely to grab whatever is closest? What could be closer?

ONE THING FOR TOMORROW _____

DAY 5 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal do I skip most? What happens later when I do?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 6 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What is one meal I can make without a recipe?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 7 OF 42

WEEK 1 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did this week's plan get right?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

WEEK 1 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

MY WEEK 2 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 8 _____				
DAY 9 _____				
DAY 10 _____				
DAY 11 _____				
DAY 12 _____				
DAY 13 _____				
DAY 14 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 2 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 2 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 8 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which thing did I buy last week and never use?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 9 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

How long did my prep really take? Where did the time go?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 10 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal makes me feel like I took care of myself?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 11 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Who do I cook for besides me? What do they like?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 12 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Did I eat today for a reason other than hunger? No grade, just the reason.

ONE THING FOR TOMORROW _____

DAY 13 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which snack keeps me going the longest?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 14 OF 42

WEEK 2 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What is one thing I'd change about how I shop?

ONE THING FOR TOMORROW _____

WEEK 2 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

MY WEEK 3 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 15 _____				
DAY 16 _____				
DAY 17 _____				
DAY 18 _____				
DAY 19 _____				
DAY 20 _____				
DAY 21 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 3 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 3 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 15 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which leftover gets better on day two?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 16 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What does a "too busy to cook" day look like, and what can I prep for it?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 17 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

How did I feel two hours after lunch today?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 18 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What is the cheapest meal I make that I actually like?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 19 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I learn in the kitchen this week?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 20 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal would I make for a friend?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 21 OF 42

WEEK 3 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Halfway. What is working well enough to keep without thinking about it?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

WEEK 3 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

MY WEEK 4 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 22 _____				
DAY 23 _____				
DAY 24 _____				
DAY 25 _____				
DAY 26 _____				
DAY 27 _____				
DAY 28 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 4 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 4 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 22 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What food did I grow up on? What do I still make from it?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 23 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal do I buy out most? Could I make a version at home?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 24 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What is in my freezer right now? What should I eat first?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 25 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

When did I last eat a meal slowly, without a screen?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 26 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What one tool would make my prep faster?

ONE THING FOR TOMORROW _____

DAY 27 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which spice or sauce do I reach for most?

ONE THING FOR TOMORROW _____

DAY 28 OF 42

WEEK 4 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I plan this week that I should stop planning?

ONE THING FOR TOMORROW _____

WEEK 4 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

MY WEEK 5 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 29 _____				
DAY 30 _____				
DAY 31 _____				
DAY 32 _____				
DAY 33 _____				
DAY 34 _____				
DAY 35 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 5 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 5 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 29 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What is one food I want to try this week?

ONE THING FOR TOMORROW _____

DAY 30 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Where do I eat most of my meals? Is that where I want to eat them?

ONE THING FOR TOMORROW _____

DAY 31 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I drink most today, besides water?

ONE THING FOR TOMORROW _____

DAY 32 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which day of the week falls apart most often? Why?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 33 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I cook this week that I'm proud of?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 34 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What recipe have I been meaning to try? When will I cook it?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 35 OF 42

WEEK 5 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What does a good food day look like for me now?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

WEEK 5 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

MY WEEK 6 PLAN

WEEK OF _____

SHOP DAY _____ COOK DAY _____ SECOND COOK DAY _____

	MORNING	MIDDAY	EVENING	SNACKS
DAY 36 _____				
DAY 37 _____				
DAY 38 _____				
DAY 39 _____				
DAY 40 _____				
DAY 41 _____				
DAY 42 _____				

BUSY DAYS (EAT FROM PREP)

MEALS OUT OR EVENTS

USE FIRST (ALREADY IN MY FRIDGE OR FREEZER)

NOTES FOR THIS WEEK

SHOPPING LIST

WEEK 6 STORE _____

I read my plan one meal at a time, then my staples list. I check each line as it goes in the cart.

PRODUCE

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

MEAT AND FISH

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

DAIRY AND EGGS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BREAD AND GRAINS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

CANS AND JARS

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

FROZEN

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

SPICES AND SAUCES

- ◯ _____
- ◯ _____
- ◯ _____

DRINKS

- ◯ _____
- ◯ _____
- ◯ _____

OTHER

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

BUDGET $ _____ **SPENT $** _____ ◯ I checked the fridge ◯ I checked my staples

PREP DAY

WEEK 6 DATE _____

START _____ DONE _____ CONTAINERS I HAVE _____

WHAT I'M MAKING	PORTIONS	CONTAINERS	FRIDGE / FREEZER	EAT BY

ORDER OF WORK

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

THAW OR START LATER THIS WEEK

_____

_____

_____

BEFORE I'M DONE

- ◯ Everything labeled and dated
- ◯ In the fridge within 2 hours
- ◯ Fridge 40°F or below
- ◯ Kitchen cleaned

WHAT TOOK THE LONGEST?

_____

_____

NEXT PREP, I'LL CHANGE

_____

_____

NOTES

_____

DAY 36 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which meal do I always make the same way? Do I like it that way?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 37 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What would make tomorrow morning easier?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 38 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What am I wasting most: food, money or time? What's one fix?

ONE THING FOR TOMORROW _____

DAY 39 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Who taught me to cook what I know? What would I teach someone?

ONE THING FOR TOMORROW _____

DAY 40 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Which habit from this book will I keep after week 6?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 41 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

What did I stop doing that I don't miss?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

DAY 42 OF 42

WEEK 6 DATE _____

FROM MY PREP TODAY _____ THAW OR START FOR TOMORROW _____

WHAT I ATE

MORNING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

MIDDAY TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

EVENING TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

SNACKS AND DRINKS TIME _____ HUNGRY BEFORE 1 2 3 4 5 FULL AFTER 1 2 3 4 5

_____

_____

FROM ◯ Home ◯ Prep ◯ Packed ◯ Out ◯ Planned ◯ Swapped ◯ Skipped

WATER

I drank _____

◯ glasses ◯ bottles

KITCHEN TODAY

◯ I cooked today ◯ I ate from my prep

◯ I packed tomorrow's food ◯ Something went in the trash

WHAT WENT IN THE TRASH _____

MY NUMBERS (optional)

_____ _____

_____ _____

What I track, then the amount.

TODAY'S QUESTION

Looking back over 42 days, what did my food tell me that I didn't know?

_____

_____

_____

_____

_____

ONE THING FOR TOMORROW _____

WEEK 6 REVIEW

DATE _____

I open the week's daily pages and count. A rough count is fine.

MEALS PLANNED	ATE AS PLANNED	SWAPPED	SKIPPED

FROM HOME	FROM PREP	PACKED	OUT

PREP PORTIONS MADE	EATEN	THROWN OUT	FROZEN FOR LATER

BUDGET $	SPENT $	SPENT ON MEALS OUT $	HUNGRY BEFORE, MOST COMMON	FULL AFTER, MOST COMMON

1. Which planned meal did I skip or swap most? Why?

2. Which meal saved me the most time this week?

3. What went in the trash, and how do I stop that?

4. When did the plan fall apart? What would have held it together?

ONE CHANGE FOR NEXT WEEK _____

MEALS TO KEEP (I COPY THESE TO MY GO-TO MEALS)

UP TO 3 WINS THIS WEEK

NOTES

NOTES

Recipes, prices, ideas. Anything I want to keep.

AFTER WEEK 6

SIX WEEKS, READ

I read all six Sunday reviews first. Then I write.

WEEKS PLANNED	PREP DAYS DONE	MEALS OUT, TOTAL

PREP THROWN OUT, TOTAL	SPENT, SIX WEEKS	AVERAGE A WEEK

1. What changed the most between week 1 and week 6?

2. Which day of the week still needs help? What's my plan for it?

3. Which meals did I keep coming back to?

4. What did I learn about how much to cook?

5. Which habit will I keep without the book?

6. What do I want the next six weeks to do?

MY NEXT SIX WEEKS START ON

Start a new Food JRNL, or download a fresh free copy at fitnessapplied.com/food-jrnl. Bring your go-to meals with you.

NOTES

KEEP THIS

MY GO-TO MEALS

Meals that worked. Where the recipe lives, and how they hold up.

MEAL	WHERE THE RECIPE IS	PREPS WELL	FREEZES	NOTES
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	

MEAL	WHERE THE RECIPE IS	PREPS WELL	FREEZES	NOTES
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	
		○	○	

NOTES

Recipes, prices, ideas. Anything I want to keep.

NOTES

Recipes, prices, ideas. Anything I want to keep.

NOTES

Recipes, prices, ideas. Anything I want to keep.