

The “Decision Fatigue” Meal Planner

Because “What’s for dinner?” is the worst question of the day.

This planner removes the daily decision fatigue of feeding a family.

The Core Rotation Strategy

Instead of reinventing the wheel every week, establish a theme for each day.

Day	Theme Idea	This Week’s Meal
Monday	Meatless / Pasta	
Tuesday	Taco / Mexican	
Wednesday	Sheet Pan / One Pot	
Thursday	Breakfast for Dinner	
Friday	Pizza / Takeout	
Saturday	Grill / BBQ	
Sunday	Leftovers / Clean the Fridge	

The “Emergency” Meals

List 3 meals you can make in under 15 minutes with pantry/freezer staples for when everything goes wrong.

- 1.
- 2.
- 3.

The Grocery List Framework

Produce:

-

Dairy/Refrigerated:

-

Meat/Protein:

-

Pantry/Dry Goods:

-

Frozen:

-

Household/Other:

-
-

Tip: Take a photo of this completed list before you go to the store, or better yet, use it to immediately build your online grocery delivery cart.