A Week of Simple Eating

Seven small planning steps for the week's meals. A printable planner from Good & Steady.

This is a shopping and planning organizer, not a diet or a meal prescription. It does not count food or nutrients. Use meals you already know how to make; repeat one if that is easier.

Day	Today's step	Your note
1 ☐	**Say what "less cooking" means for you.** Fewer new recipes, less washing up, more assembling? Write it down.	_____ _____
2 ☐	**Write a few meals you already make or assemble.** Check that your kitchen has the equipment each one needs.	_____ _____
3 ☐	**Look in the pantry and fridge.** Write what you really have, where it is, and mark any amount you are unsure of as an estimate.	_____ _____
4 ☐	**Check the freezer.** Same idea: list what is there before you buy more.	_____ _____
5 ☐	**Make one shopping list.** Put shared ingredients on the list once. Skip what you already have. Check labels and your own needs.	_____ _____
6 ☐	**Write a simpler backup meal** for a day when the plan does not fit. It is a new choice, not something to repay.	_____ _____
7 ☐	**Look back.** Which meal was easy? What went unused? Keep, change or drop.	_____ _____

Checking the fridge, freezer and pantry before buying and keeping a list of familiar meals are ideas from the U.S. EPA and Utah State University Extension. Serving sizes on a label describe a typical amount, not what you should eat (FDA). This planner does not show any saving or health benefit.

Week review

Keep	Change	Drop

Shopping list

Item	Already have?	Amount

Food safety

Follow package directions and official food-handling guidance (FoodSafety.gov, FDA). Do not taste a doubtful item to decide. If you need an allergy-safe or medical diet, this sheet cannot assess that.

Where these steps come from

Free guides on goodandsteady.com: Meal Planning When You Hate Cooking; A Pantry Inventory Before Shopping; Freezer Inventory.

Sources: U.S. EPA, Preventing Wasted Food at Home; Utah State University Extension, Food Waste Prevention Part 2; FDA, How to Understand and Use the Nutrition Facts Label; FDA, Are You Storing Food Safely?; FoodSafety.gov, 4 Steps to Food Safety.

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