

THE WORKSHEETS

# Seven dinners, decided

Match each dinner to the capacity you recorded. An intentional no-cook or eat-out evening can belong in your plan.

| Evening   | Dinner / recipe | Missing ingredients |
|-----------|-----------------|---------------------|
| Monday    |                 |                     |
| Tuesday   |                 |                     |
| Wednesday |                 |                     |
| Thursday  |                 |                     |
| Friday    |                 |                     |
| Saturday  |                 |                     |
| Sunday    |                 |                     |

KEEP IN MIND

Before shopping, compare each missing ingredient with your inventory and check recipe quantities.