

Appendix I: Meal Rotation Worksheet

A dependable rotation reduces the nightly question of what to eat. List meals the household actually enjoys and can prepare within its ordinary time, energy, budget, equipment, and dietary needs.

Dependable Dinners

- 1: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 2: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 3: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 4: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 5: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 6: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 7: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 8: Meal: _____; Main ingredients: _____; Time: _____;
Easy side or note: _____
- 9: Meal: _____; Main ingredients: _____; Time: _____;

Easy side or note: _____

- 10: Meal: _____; Main ingredients:
 _____; Time: _____;
 Easy side or note: _____

Late-Day and Pantry/Freezer Backups

- 1: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 2: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 3: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 4: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 5: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

- 6: Backup meal: _____; What must stay on hand:
 _____; Who can prepare it:

Breakfasts, Lunches, and Snacks

- Breakfast: Option: _____; Ingredients to keep:
 _____; Prep note:

- Breakfast: Option: _____; Ingredients to keep:
 _____; Prep note:

- Lunch: Option: _____; Ingredients to keep:
 _____; Prep note:

- Lunch: Option: _____; Ingredients to keep:
 _____; Prep note:

- Snack: Option: _____; Ingredients to keep:
 _____; Prep note:

- Snack: Option: _____; Ingredients to keep:
 _____; Prep note:

Weekly Meal Map

- Monday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Tuesday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Wednesday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Thursday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Friday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Saturday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

- Sunday: Breakfast/lunch: _____; Dinner:
 _____; Prep, thaw, or owner:

Grocery List

- Produce: Needed items: _____

- Protein/main items: Needed items: _____

- Dairy/refrigerated: Needed items: _____

- Pantry: Needed items: _____

- Frozen: Needed items: _____

- Household: Needed items: _____

Shopping/ordering day: _____ Refrigerator review day:
