Weekly dinner decision planner

Match dinners to actual time and ingredients available.

Three steps

1. Check the calendar
2. Choose realistic meals
3. Keep one easy backup

A worked example

Day	Monday
Available time	20 min
Meal	Pasta
Backup	Soup

A backup meal reduces last-minute decisions.

Account for dietary needs and food safety.

Weekly dinner decision planner

Use one row per item or decision. Start with what you know.

Day	Available time	Meal	Backup

My next action / when