Build your week

Pick your building blocks, write them down here, and stick the sheet on the fridge.

	LUNCH	DINNER	WHERE IT COMES FROM
Monday			Fridge
Tuesday			Fridge
Wednesday			Fridge · tonight, move Thursday's food to the fridge
Thursday			Freezer
Friday			Freezer

This week I'm cooking

Protein 1

Protein 2

Base

Vegetable 1

Vegetable 2

Fresh sauce

Bold sauce

End-of-week wild card

Shopping list

> The day 3 rule: food for days 1 to 3 goes in the fridge; food for days 4 and 5 goes straight into the freezer. The building blocks and recipes are in Appendix B of the book.