Your good-food starting point

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

What would make everyday meals better for you?

Three meals you already enjoy cooking

Time, budget and equipment constraints

Food preferences and dietary requirements to check

Your delicious week

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Monday: meal, servings, preparation

Tuesday: meal, servings, preparation

Wednesday: meal, servings, preparation

Thursday: meal, servings, preparation

Friday: meal, servings, preparation

Weekend: meals and flexible plans

Pantry & refrigerator inventory

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Use soon: ingredient, quantity and storage date

Pantry staples: available quantity

Freezer: ingredient, quantity and date

Buy only if needed

Your shopping list

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Produce

Beans, grains and bakery

Protein foods and dairy or alternatives

Pantry ingredients and household extras

Budget estimate and final check

Recipe planning card

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Recipe name, source and servings

Ingredients and quantities

Method and equipment

Timing, substitutions and allergen checks

A small cooking experiment

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Technique to practice and expected result

Ingredients, pan size and heat setting

What happened: texture, flavor and timing

One change to test next time

Meal service comparison

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Services and meal formats being compared

Regular weekly food cost, delivery, extras and taxes

Portions, menu fit and preparation time

Order cutoffs, skip/cancel terms and delivery coverage

Dinner party plan

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Guests, date, dietary needs and budget

Menu and serving quantities

Equipment, serving dishes and storage needs

Make-ahead tasks

Your hosting timeline

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

The day before

Morning of the meal

Two hours before

Final 30 minutes

After the meal: storage and cleanup

Food gift planner

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Recipient, occasion and food preferences

Allergens, delivery timing and storage capacity

Gift options and total delivered cost

Final selection, gift message and order confirmation

Your cooking journal

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Meal and date

What worked well?

What would you change?

One skill or recipe to repeat

Next week, a little easier

Complete only what is useful. Plans are flexible; check food labels, storage guidance and actual cooking requirements.

Ingredients to use first

Three dependable meals

One new technique to practice

One thing to simplify