

FOOD & COOKING

A Week, Well Planned

Your meal-planning companion.

WORKBOOK / FIRST EDITION

Read it. Use it. Make it yours.

BEFORE YOU BEGIN

Make this yours.

A practical set of reusable pages for your meals, shopping, prep, and leftovers. Complete one week, learn from it, and start again with less guesswork.

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A NOTE ON THIS EDITION

An original Ownable resource for personal use. Work through the examples, then use the worksheets to make a plan that fits your life.

Plan once, adjust as you go

This workbook helps you decide what to cook before you start shopping. It is an organisation tool, not a diet plan. Start with the busiest days, use what you already have, and leave room for changes.

- Choose a 15-minute planning appointment each week.
- Check your fridge, freezer, and cupboard first.
- Write a realistic dinner for each day, then add other meals as useful.
- Group your shopping list and mark what must be used soon.
- Review the week before writing the next plan.

WORKED EXAMPLE

If Tuesday ends late, choose a quick bean bowl or leftovers planned safely. Put the longer roast on a day with more time. Match the meal to your schedule first.

My planning day, busiest day, and household needs
