KITCHEN STARTER PACK / FILLED-IN EXAMPLE

Two days on one kitchen planner

Lunch on Monday, then dinner and dessert on Tuesday. Here is how one household puts three recipes on the calendar and shares the cooking.

01 On the calendar

MONDAY LUNCH	**Moist Tuna & Potato Bowl**	Recipe card
TUESDAY DINNER	**Shepherd's Pie**	Recipe card
TUESDAY DESSERT	**Peach Custard Pudding**	Recipe card

02 Grocery worksheet

BUY

Potatoes for both savory dishes, carrots, ground meat for the pie, canned peaches and thick smooth custard.

ALREADY IN THE KITCHEN

Canned tuna, thick smooth white sauce, smooth mayonnaise, thick gravy and butter.

CHECK THE CUPBOARD

Commercial thickener, if needed for the pudding recipe.

03 Prep session

BEFORE SHOPPING

I checked both potato recipes and put their amounts on one shopping line.

TUESDAY PREP

I'll start the pie (45 minutes on the recipe card). The second cook can make the pudding (15 minutes) while I work on dinner.

04 Note for the next cook

The pie is my job. Dessert hasn't been started. The unopened peaches are beside the pudding card, and the custard is in the fridge. Please use the card for prep and serving checks.

These are three example meals for a household already following a prescribed Level 5 food plan, not a complete menu. Follow your own care plan and use the original recipes for amounts, preparation and serving checks.