DELTA RIDGE TECHNOLOGIES

Meal Rotation and Grocery Planner

Twenty meals, decided once

TWENTY MEALS, DECIDED ONCE



Deciding what to cook is a decision you make three times a day, forever. Decide twenty meals once, rotate them, and the daily decision becomes a look at the list.

HOW TO BUILD THE ROTATION

1. Write down every meal your household actually eats, not the ones you wish they ate. **2.** Cut it to twenty. **3.** Sort them by time: fifteen minutes, thirty, an hour. **4.** The week gets one long meal, four short ones, two that use the leftovers. **5.** Shop from the list once a week.

> Twenty is enough for variety and small enough to remember. Most households run on eleven or twelve meals and call it a menu.

SAMPLE

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