

Backwards  
Design  
Meal  
Planning  
Guide



# Meal Ingredients

Dish and ingredients:

Already have:

Add to grocery list:

# Meal Preparation Plan

Remember to schedule and take breaks!

Days before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Day before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Night before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Morning of:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Midday:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

2 hours before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

1 hour before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

30 minutes before:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# Checklist Considerations

Use any of these options as a starting point for your own meal-planning checklist.

- Go grocery shopping
- Put groceries away
- Ask \_\_\_\_\_ to put groceries away
- Peel the \_\_\_\_\_
- Chop the \_\_\_\_\_
- Mince the \_\_\_\_\_
- Boil the \_\_\_\_\_
- Mash the \_\_\_\_\_
- Cream the \_\_\_\_\_
- Fry the \_\_\_\_\_
- Make filling for \_\_\_\_\_
- Make topping for \_\_\_\_\_
- Ask for help
- Ask for help with \_\_\_\_\_
- Thaw the \_\_\_\_\_
- Microwave the \_\_\_\_\_
- Set the table
- Ask \_\_\_\_\_ to set the table
- Clean the \_\_\_\_\_
- Soak the \_\_\_\_\_
- Ask \_\_\_\_\_ to clean the \_\_\_\_\_
- Ask \_\_\_\_\_ to soak the \_\_\_\_\_
- Take out the trash
- Ask \_\_\_\_\_ to take out the trash