Command & Simplify

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Weekly Meal Shortcut Sheet

FREE PRINTABLE CHECKLIST

This Week's Dinners

- [ ] Monday dinner
- [ ] Tuesday dinner
- [ ] Wednesday dinner
- [ ] Thursday dinner
- [ ] Friday dinner
- [ ] Weekend plan

Prep Ahead

- [ ] Wash produce
- [ ] Cook one protein
- [ ] Make one easy side
- [ ] Portion snacks
- [ ] Prep lunch items
- [ ] Pull freezer items

Use First

- [ ] Produce that needs to be used up
- [ ] Leftovers to plan around
- [ ] Open items in the fridge
- [ ] Bread / dairy nearing date

Shortcut Ideas

- [ ] Slow cooker meal
- [ ] Sheet pan meal
- [ ] Air fryer meal
- [ ] Breakfast-for-dinner
- [ ] Leftover night
- [ ] Take-and-bake / easy backup

Shopping Add-Ons

- [ ] Proteins
- [ ] Produce
- [ ] Dairy
- [ ] Pantry items
- [ ] Snacks
- [ ] Household basics

Notes

- [ ] Busy nights to plan around
- [ ] Who is home late?
- [ ] Anything to double-batch?
- [ ] Meals to repeat next week