

Create



YOUR MEAL VISION

What You'll Need

In this final step to simplifying your family dinners, you'll close the gap between where you are now, and where you want to be. You do this by creating your meal vision. You'll need folder of recipes from Worksheet 1

Make a list of your cooking and meal preferences. Do you like quick prep or something more involved? Lots of ingredients or simple?

What is important to you in terms of nutrition and health? What is missing in terms of variety? Need more veggie dishes? Lacking fish entrees?

Note each family member's food preferences and how you can build meals based on what your child already likes.

Choose a formula to organize dinners whether it be theme nights, a side strategy or serving meals in a particular order.