



# How to use Flexible Meal Planner

## Step 1: Set Your Date Range

Write in the Date Range for which you want to plan your meal. It can be a few days, a week, or longer. No need to start and end on the same day every week!

## Step 2: Calculate Your Target Meals

Use the Target Meal Calculator and cross out any meals you know you won't need to cook. maybe you eat out on Fridays, skip breakfast on weekdays, or have lunch at work. Count the remaining uncrossed boxes and write that number in Target # of Meals. This is how many meals you actually need to plan for.

	S	M	T	W	T	F	S	S	M	T	W	T	F	S
BREAKFAST	X	X	X	X			X	X	X	X	X	X	X	X
LUNCH	X			X			X	X	X	X	X	X	X	X
DINNER				X	X	X	X	X	X	X	X	X	X	X

TARGET # OF MEALS: 11

## Step 3: Build Your Meal Pool

This is where flexible planning differs from traditional planners. Instead of assigning meals to specific days, list recipes in the Meal Pool section and how many times you plan to cook the recipe — enough variety to cover your target number without locking anything to a specific date.

MEAL POOL	
3 ● CHICKEN QUESADILLA	●●●○○
1 ● KIMCHI FRIED RICE	●○○○○
2 ● QUINOA SALAD	○○○○○
1 ● BROCCOLI CHEDDER SOUP	○○○○○
1 ● CHEESEBURGER WITH FRIES	○○○○○
3 ● CHICKPEA BOWLS	○○○○○

## Step 4: Write Your Shopping List

Review the recipes in your meal pool and write all the ingredients you need in the Shopping List section. Check off items as you buy them. Since you're shopping for a pool of options (not a rigid daily plan), hopefully you'll actually use everything you buy less food waste.

## Step 5: Track What You Make

The 5 circles next to each meal are for tracking. Each time you cook a meal from your pool, fill in one circle. This helps you see what you're rotating through and what's being neglected. If a meal still has empty circles by the end of the 2 weeks, you know to either make it or swap it out next time.

MEAL POOL	
3 ● CHICKEN QUESADILLA	●●●○○
1 ● KIMCHI FRIED RICE	●○○○○