

Your week of dinners

A prep-ahead kitchen sheet

Choose dinners that fit your week. Add one useful prep step or an ingredient to use up beside each meal.

Week of _____

People at the table _____

DAY	DINNER	PREP / USE UP
1		
2		
3		
4		
5		
6		
7		

Check what you have

Fridge, freezer and pantry

Shopping gaps

Only what is missing

Before the next dinner

One small job to make a start

Make room for your real week: a familiar meal, a dinner out or a flexible evening can have a place here too.

Three dinners, one useful plan

A filled example from our free starter plan

Plan one batch of each recipe. Each makes about 2-3 servings; cook them in any order. Use these notes beside the full recipes.

01 Lemony chicken, potatoes & green beans

40 minutes / about 2-3 servings

Before cooking: cut potatoes into 3/4-inch pieces. Keep the green beans separate; they join the tray after the first 15 minutes of roasting.

02 Tomato chicken & white bean skillet

35 minutes / about 2-3 servings

Before cooking: cut potatoes into 1/2-inch pieces and drain the white beans. Keep the liquid from the diced tomatoes; the beans go in near the end.

03 Crispy potato & bean bowls

30 minutes / about 2-3 servings

Before cooking: cut potatoes into 1/2-inch pieces. While they cook, prepare green beans in a separate pan and stir lemon juice into the yogurt.

Let a few ingredients do more

Potatoes appear in all three dinners. White beans connect the skillet and bowls; green beans connect the roast and bowls.

YOUR FIRST PREP-AHEAD STEP

Check oil, paprika, garlic powder, salt and black pepper before you shop. Note whether you have fresh or frozen green beans, and add only the missing ingredients to your list. Parsley is optional.

Full recipes, quantities and the combined grocery list: fondfolk.org/plan

Read the complete method before cooking, including timing and doneness checks. The three-dinner starter remains available without signing up.