

Cooking For Two

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Start up week	Week 1	Cook 1, freeze half for next Mon	eat out or eat simple	Cook 2, freeze half for next Wed	eat out or eat simple	Cook 3, freeze half for next Fri	eat out or eat simple	Cook 4, freeze half for next Sun
	MENU							
Begin routine	Week 2	Leftovers 1	Cook 5, freeze half for next Tues	Leftovers 2	Cook 6, freeze half for next Thurs	Leftovers 3	Cook 7, freeze half for next Sat	Leftovers 4
	MENU							
Continue routine	Week 3	Cook 1	Leftovers 5	Cook 2	Leftovers 6	Cook 3	Leftovers 7	Cook 4
	MENU							
Routine is now habitual	Week 4	Leftovers 1	Cook 5	Leftovers 2	Cook 6	Leftovers 3	Cook 7	Leftovers 4
	MENU							
Meal time at home is great	Week 5	Cook 1	Leftovers 5	Cook 2	Leftovers 6	Cook 3	Leftovers 7	Cook 4
	MENU							