



# The Meal Sorting Planner

*Match your menu choices  
to your schedule*



## CAN COOK

Plan these meals for  
nights when you will have  
30+ minutes to prep  
and cook dinner

Examples include:

- Casseroles like Family Ziti Bake
- Soups, stews and curries like Sweet Potato Peanut Curry or Cambodian Chicken Rice Soup
- Sheet pan dinners like Salmon with Potatoes or Chicken Legs with Vegetables

## LOW COOK

Plan these meals for  
nights when you will have  
15-30 minutes to  
prep and cook dinner

Examples include:

- Easy sandwiches and wraps like Open-Faced Caprese Sandwiches or Quick Trick Chicken Tacos
- Simple assembly meals like a DIY Salad Bar or Build Your Own Baked Nachos
- Fast and easy meals like Yoga Night Eggs, 5 minute Fried Rice, or Salmon with Pesto

## NO COOK

Plan these meals for  
nights when you need  
a meal that's ready to go  
when you are

Examples include:

- Freezable make-ahead meals like Filled Potato Skins, Turkey Pesto Paninis, and Cheesy Beef Stuffed Shells
- Slow cooker meals like Beef Stew, Dijon Chicken, and Coconut Lentil Curry
- “Make and take” meals like English muffin pizzas or Granola toast
- Leftovers or quick wraps and sandwiches



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## MORE IDEAS FOR “CAN COOK” DINNERS:

- [Bruschetta Chicken Skillet](#)
- [Katsudon](#)
- [Ground Beef Stroganoff](#)
- [Homemade Pizza](#)
- [Masala Roast Chicken](#)
- [Pasta Poulet](#)
- [Shrimp Fried Rice](#)
- [Pesto Chicken with Veggies](#)
- [Cheesy Enchiladas](#)
- [Sausage Fusilli](#)

## MORE IDEAS FOR “LOW COOK” DINNERS:

- [Breakfast Burritos](#)
- [Beef and Broccoli Bowls](#)
- [Pasta with Oil and Garlic](#)
- [Spinach and Feta Pizza-dillas](#)
- [Turkey Taco Burgers](#)
- [German Stir-Fry](#)
- [Pasta with Tomatoes and Chickpeas](#)
- [Soft Black Bean Tacos](#)
- [Tortellini and Spinach Soup](#)

## MORE IDEAS FOR “NO COOK” DINNERS:








- [Meatball Subs](#)
- [Savory Mug Cakes](#)
- [Peanut Butter Banana Overnight Oats](#)
- [Slow Cooker Barbecue Ribs](#)
- [Slow Cooker Santa Fe Soup](#)
- [Morgan’s Turkey Lasagna](#)
- [Chili Soup](#)
- [Build Your Own Pasta Picnic](#)
- [Make Ahead Egg Sandwiches](#)
- [Pulled Pork](#)

# The Meal Sorting Planner

## SAMPLE Meal Type Worksheet



Use the worksheet to help you plot out which days of the week are **Green** meal days, which are **Orange** meal days, and which are **Yellow** meal days. Below, list your family's favorite options that belong in each category. Now you have a template to help you easily plan dinners that work for your schedule!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
<i>Shrimp fried rice</i>	<i>Leftovers</i>	<i>Breakfast burritos</i>	<i>English Muffin Pizzas</i>	<i>Pasta with oil and garlic</i>	<i>German Stir-Fry</i>	<i>Masala Roast Chicken</i>

### Green Menu Ideas:

Homemade pizza

Shrimp fried rice

Sausage fusilli

Masala Roast Chicken

### Orange Menu Ideas:

Pasta with oil and garlic

Beef and broccolini bowls

Breakfast burritos

German Stir-Fry

Turkey taco burgers

### Yellow Menu Ideas:

Leftovers

English Muffin Pizzas

Savory mug cakes

Slow cooker beef stew

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## PRINTABLE

Meal Type Worksheet



Use the worksheet to help you plot out which days of the week are **Green** meal days, which are **Orange** meal days, and which are **Yellow** meal days. Below, list your family's favorite options that belong in each category. Now you have a template to help you easily plan dinners that work for your schedule!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

Green Menu Ideas:

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Orange Menu Ideas:

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Yellow Menu Ideas:

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