

Week-One Cart-to-Meal Map

Use this one-page guide to turn your grocery cart into simple meals without extra planning.

Breakfast Templates

| Formula | Example |
|--------------------------|--|
| Oats + milk + fruit | oatmeal with lactose-free milk and blueberries |
| Protein + greens + toast | eggs with spinach and simple gluten-free toast |
| Yogurt + fruit | lactose-free yogurt with kiwi and chia |

Lunch Templates

| Formula | Example |
|------------------------|--|
| Rice bowl | rice + chicken + carrots + zucchini |
| Leftover protein plate | plain fish + potatoes + cucumber salad |
| Easy cold plate | hard cheese + rice cakes + fruit + lettuce |

Dinner Templates

| Formula | Example |
|------------------------|---------------------------------------|
| Protein + starch + veg | chicken + rice + spinach |
| Baked base meal | baked potato + tuna + side salad |
| Stir-fry template | firm tofu + carrots + zucchini + rice |

Snack Templates

| Formula | Example |
|-----------------------|----------------------------|
| Fruit + protein | kiwi + hard cheese |
| Crunchy snack | rice cakes + peanut butter |
| Light packaged option | plain popcorn |

Rule for Week One

Repeat meals on purpose. You are trying to reduce food noise, not win variety points.