

# Plan Meals BIG

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## Challenge No 2



## My menu plan

By Anita E Kohli

Here's a rough idea of the frequency of our cooking, item-wise.

*Daily:* Breakfast Toast (low sugar and quick).

*Daily or Alternate days:* Breakfast Tomato rice (gluten-free).

*Once every 2 or 3 Meals:* Veggies and dal. All chopping is done pre-dinner. And cooking is done immediately or the next day in the morning or afternoon, depending on the quantity of left-overs.

*Alternate Days in double portions:* Boiled eggs. Brown rice. White rice.

*Once or twice a week:* Chicken or fish. Tomato spread and green chutney - for breakfast and sandwiches.

Fresh is always best, but one meal of leftovers gives me flex to choose the time I cook. And this makes me a happy cook.

## GOALS

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### COOK EXTRA

Leftovers leave space for flexibility in cooking timings.

### 2 SLOTS FOR EASE

2 scheduled cooking slots each day provide organized flexibility when needed.

### HAPPY MEALS

Use the flex to cook when you're in the mood.

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