

# DINNER WITHOUT DEBATE

## WHAT SLOWS YOU DOWN

You don't know what's for dinner.

You don't know if you have everything to make it.

You don't know how long it will take.

So you check the fridge.

Then the pantry.

Then your phone.

Sometimes you give up and get fast food just to avoid the decision.

## THE MOVE

Decide dinner once per week so you don't decide it every night.

Pick one day and do this in one pass:

### 1. Decide dinners for the week

- Write down what you're making each night.
- Keep it simple. Repeats are fine.

### 2. Check what you already have

- Look in the fridge, freezer, and pantry.
- Cross off meals you can already make.

### 3. Make one grocery list for what's missing

- Do one store trip or one online order.
- Delivery, pickup, or in-store all count.

### 4. Keep basic items stocked

- Oil, spices, sauces, frozen staples.
- If you use it every week, don't let it run out.

### 5. Set the kitchen up for the plan

- Group ingredients by meal if helpful.
- Keep tools where they're actually used.

## BOTTOM LINE

When dinner is undecided, it steals the evening.

When it's decided, the evening stays yours.

### ESTIMATED TIME RECOVERED

≈ **30–60** minutes per week

Plus fewer last-minute  
decisions and less wasted food.