



Weekly Plan: 3 Dinners

Three real dinners. The other nights are allowed to be easy.

This week's 3 dinners

plan the meal, tick the night, write the first step

1

MEAL _____

NIGHT ☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

FIRST STEP _____

e.g. move the chicken to the fridge to thaw

SHOP FOR

☐ _____

☐ _____

☐ _____

☐
done

2

MEAL _____

NIGHT ☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

FIRST STEP _____

SHOP FOR

☐ _____

☐ _____

☐ _____

☐
done

3

MEAL _____

NIGHT ☐ ☐ ☐ ☐ ☐ ☐ ☐
M T W T F S S

FIRST STEP _____

SHOP FOR

☐ _____

☐ _____

☐ _____

☐
done

OTHER NIGHTS *Pick from Safe Meals or the Library. No guilt.*

☐ _____

☐ _____

☐ _____

☐ _____

If I only cook one: _____

BREAKFAST DEFAULT _____

LUNCH DEFAULT _____

Three Things Planners · Meals · Free sample

Get all 28 pages + 60 meal cards + 12-week file: <https://phien0618.github.io/products/adhd-meal-planner-3-dinners/>



Meal Library: No-Cook

Zero cooking. Open, assemble, eat.

🕒 12 meals • 6 ingredients or fewer

tick the ones you liked, then add them to your Safe Meals list

- | | | | |
|----|---|------------|--------------------------------|
| 1 | Hummus crunch wrap
wrap · hummus · cucumber · grated carrot · feta | 0 min cook | ☐ liked |
| 2 | Tuna & white bean salad
tinned tuna · tinned white beans · red onion · olive oil · lemon | 0 min cook | ☐ liked |
| 3 | Tomato mozzarella plate
mozzarella · tomatoes · basil · olive oil · crusty bread | 0 min cook | ☐ liked |
| 4 | Chicken Caesar wrap
ready-cooked chicken · wraps · lettuce · Caesar dressing · parmesan | 0 min cook | ☐ liked |
| 5 | Yogurt granola bowl
Greek yogurt · granola · berries · honey | 0 min cook | ☐ liked |
| 6 | Smoked salmon bagel
bagels · cream cheese · smoked salmon · cucumber | 0 min cook | ☐ liked |
| 7 | Smashed chickpea sandwich
tinned chickpeas · mayo · lemon · bread · lettuce | 0 min cook | ☐ liked |
| 8 | Turkey & cheese roll-ups
sliced turkey · cheese slices · lettuce · mustard · crackers | 0 min cook | ☐ liked |
| 9 | Peanut butter banana wrap
wrap · peanut butter · banana · honey | 0 min cook | ☐ liked |
| 10 | Black bean & corn salad
tinned black beans · sweetcorn · tomatoes · avocado · lime · tortilla chips | 0 min cook | ☐ liked |
| 11 | Cottage cheese crunch bowl
cottage cheese · cherry tomatoes · cucumber · crackers · black pepper | 0 min cook | ☐ liked |
| 12 | Overnight oats jar
rolled oats · milk · yogurt · frozen berries · honey | 0 min cook | ☐ liked |

Check labels for allergies.

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Grocery List by Store Section

Write it by aisle. Walk each section once.



PRODUCE

fruit & veg

☐☐☐☐☐☐

PANTRY

tins, dry goods

☐☐☐☐☐☐

MEAT & FISH

fresh counter

☐☐☐☐☐☐

FROZEN

freezer aisle

☐☐☐☐☐☐

DAIRY & EGGS

chilled

☐☐☐☐☐☐

HOUSEHOLD

non-food

☐☐☐☐☐☐

BAKERY

bread

☐☐☐☐☐☐

OTHER

anything else

☐☐☐☐☐☐