

A no-more-thinking system

Summer Lunch Rotation Sheet

Pick a few go-to mains and sides, then just fill in the blanks each day — one less decision to make during the long summer break.

Family name _____

Week of _____

1 Choose your go-to mains (no-stove options first)

Just write the number in each day's box

 ① Frozen rice balls	 ② Chilled noodles	 ③ Sandwiches	 ④ Cold pasta	 ⑤ Store-bought / delivery
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2 Lock in a few side dishes (repeats are fine)

Rotate through the same handful each week

 A Veggie sticks	 B Chilled tofu	 C Fruit	 D Frozen veggies	 E Dairy
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3 Two-week calendar

Note the main/side numbers and a quick memo

Mon / Main Side 👉 leaned on help	Tue / Main Side 👉 leaned on help	Wed / Main Side 👉 leaned on help	Thu / Main Side 👉 leaned on help	Fri / Main Side 👉 leaned on help	Sat / Main Side 👉 leaned on help	Sun / Main Side 👉 leaned on help
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"Not making lunch today" checklist

- | | |
|---|--|
| ☐ You're physically tired | ☐ There's nothing quick or store-bought in the fridge |
| ☐ You're forcing yourself when you have no energy left | ☐ Today just doesn't feel like a "good enough" day |

If even one of these is true, it's fine to lean on store-bought or frozen food — or on community meal programs and food pantries in your area. This isn't cutting corners; it's what keeps you going.