Your first planned week.

A practical companion for adults 50+ cooking for two. Start here, then open the main recipe ebook only where you need it.

01 Choose the week you will use.

Start with Week 1 in the main ebook (printed page 10; PDF page 11). Or choose Week 2 (printed page 15; PDF page 16). Circle your start date below.

02 Make it fit before you shop.

Mark meals out, dislikes and portion changes on this planner. Keep a dinner and its linked leftover lunch together. The original shopping list only matches the unchanged two-person menu.

03 Check the kitchen, then the list.

Cross off ingredients you already have. Remove ingredients for skipped meals; add those for replacements, snacks and portion changes. Use the shopping audit on page 4.

04 Choose your first cooking action.

For Week 1, read recipe 01 and prepare the overnight oats ahead. Follow the ebook food-safety guide and recipe storage notes. Plan only the preparation you can realistically do.

MY START DATE: MY CHOSEN WEEK: FIRST ACTION:

Your first win: a chosen week, a checked list and a clear first meal. This is a planning outcome, not a promise of health changes or a fixed preparation time.

See how a week connects.

A worked example from Week 1. Recipe numbers match the main ebook. This is a dinner map, not a complete daily eating plan.

Day	Dinner	The useful connection
1	18 / Lemon Salmon with Quinoa & Broccoli	Day 1 lunch also uses quinoa; follow the plan's prep note.
2	20 / Turkey & Black Bean Chili with Rice	Cook the marked 2x batch: four servings, with two reserved for Day 3 lunch.
3	19 / Lemon Chicken, Potatoes & Green Beans	Lunch is the reserved chili. Follow its cooling and reheating instructions.
4	21 / Ginger Tofu & Broccoli Rice Bowls	Check tomorrow's lunch ingredients before finishing in the kitchen.
5	22 / Cod in Tomato & Chickpea Sauce	Check the use-by date and recipe instructions before cooking.
6	25 / Chickpea, Spinach & Cauliflower Curry	Cook the marked 2x batch and reserve two servings for Day 7 lunch.
7	23 / Beef, Mushroom & Barley Skillet	Review what worked before choosing your next week.

Make it yours: if you replace Day 2 dinner, also replace Day 3 lunch and update the shopping quantities. Do the same for Days 6 and 7. A moved meal never extends a storage limit.

The main ebook supplies the full breakfast, lunch and dinner menus, recipe quantities and storage guidance. Add food and adjust portions to your needs; the base menu is not a calorie prescription.