

# THE 2-MINUTE PLANNING SYSTEM



## STEP 1. KEEP AN ONGOING LIST FOR PANTRY ITEMS etc.

My ongoing shopping list system will be an app, notepad or chalkboard...

My phone app.

## STEP 2. WORK OUT WHAT YOU'RE GOING TO NEED.

Number of dinners:	5
Number of people:	2
Number of proteins: (hint: same as dinners)	5 different proteins x 2 serves each
Number of vegetables: (hint: two times dinners)	10 different veg x 2 serves each

*NOTE: See the planning formula for examples of a serve of protein and vegetables.  
Remember at dinner, each person will have one protein and two types of veg.*

- + Add breakfasts
- + Add lunches
- + Add snacks or 'treats'

1 doz eggs, yoghurt,  
1 extra type protein, 2 serves veg  
brazil nuts

## STEP 3. SUBTRACT ITEMS YOU ALREADY HAVE ON HAND.

- Subtract leftover veg and protein ingredients
- Subtract leftover meals or 1/2 meals
- Subtract veg from the garden

Then...

**You're ready to go shopping!**

*See next page for a fillable  
form for you to try...*

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