





# LUNCH MATRIX

Day	Meal
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

**Lunch Matrix Formula:** Entree + Fruit + Veggie

**Entree Ideas:**

- Mac and cheese
- Quesadillas
- PB & J
- Snack Tray
- Eggs and Muffins
- Popcorn and Smoothies
- Turkey and Cheese Roll-ups
- Nachos
- Cheese & Crackers
- Grilled Cheese
- Hot dogs
- Homemade Lunchable
- English Muffin Pizzas
- Snack Tray
- Eggs and Muffins
- Peanut Butter or Cream Cheese Toasts
- Yogurt with Muffins
- Smoothies and Chips with Guac
- Bean and Cheese Burrito
- Chicken nuggets

# DINNER MATRIX

Day	Meal Type
Monday:	
Tuesday:	
Wednesday:	
Thursday:	
Friday:	
Saturday:	
Sunday:	

## Category Ideas:

Take Out	Raid the Refrigerator
Mom's Choice	Pizza Night
Dad's Choice	Slow Cooker
Kids' Choice	Sandwich Night
Snack Tray	One Dish Meal
Breakfast for Dinner	Meat and Potato
Soup	Frozen/Boxed Food Night
Salad	New Recipe
Pasta	Meatless
Mexican	Leftovers
Grill Out	Burger Night
International	Italian



# HOUSEWORK TRIAD WORKSHEET

## Daily Cycle Questions

- 1.) What **processes** do I need/want to reset daily? (Ex: laundry/dishes)
- 2.) What **spaces** do I need/want to reset daily? (Ex: dining room table)
- 3.) What tasks make our home feel **peaceful and comfortable**?

### Daily Spaces to Reset

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### Daily Processes to Reset

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## Seasonal Cycle Questions

- 1.) What things in my house **need a periodic holding place** until I can make decisions about them? (Ex: paperwork, artwork, outgrown clothes, baby gear.)

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- 2.) What **containers or spaces** can act as my holding places for those things? (Ex: wire basket, the basement or garage)

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## Irregular Task Questions

- 1.) What functions in my home can I **intentionally postpone** or **do sporadically as-needed**? (Ex: bathrooms, baseboards, mopping, sheets)

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- 2.) How can I **prepare and remove roadblocks** for when I choose to do that task? (Ex: cleaning caddies in each bathroom, a set of clean sheets in each bedroom closet)

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