



### **Choosing Meals for the slow and fast lane of life**

Use this form to assess your routine mealtime and changes you would like to make. Then share your ideas with family to get their input.

#### **Meal Gathering Times and Places**

Where do you usually eat your main meals of the day?

What other locations do you and your family frequent for mealtime?

#### **Using the Tools of the Trade—from Microwave to Gourmet cuisine**

What types of kitchen tools and gadgets do you have?

What other tools of the trade would you like to have that would prove useful in meal planning, preparation, and serving?

#### **Kitchen/Dining Layout**

Inventory how you store your food and kitchen items. What changes would you like to make in how they are stored?



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#### Menu Planning - Chart a one-week menu plan here. Include meals at home & away from home. Be proactive on creating a whole foods/balanced meals.

Day 1  
Breakfast-  
Lunch-  
Dinner-

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Day 2  
Breakfast-  
Lunch-  
Dinner-

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Day 3  
Breakfast-  
Lunch-  
Dinner-

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Day 4  
Breakfast-  
Lunch-  
Dinner-

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Day 5  
Breakfast-  
Lunch-  
Dinner-

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Day 6  
Breakfast-  
Lunch-  
Dinner-

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Day 7  
Breakfast-  
Lunch-  
Dinner-



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### Shopping for the goodies

What is your typical shopping routine?

What changes would you like to make in the way you shop?

### Food preparation

How do you routinely prepare and cook food?

What prep tips would you like to include in your routine?

### Serving Ideas

What is your typical serving regimen for the weekday and weekend?

What enhancement/changes would you like to make in the way you serve your meals and the environment/layout?

### Other ideas & thoughts:

What creative ideas have surfaced during this course section?