

HOW TO USE YOUR COMPLETED
CATEGORY TEMPLATES

SHOULD I COOK IT?

Dinner Decided by Design

CHEAT SHEET



Don't start with...
Meal Ideas



Start with...
3 Questions



*How many times can you realistically
cook this week?*



*What category best fits each day you
plan to cook?*



*What meal idea will you select from your
chosen category?*

Dinner Decided by Design

FREE ON DEMAND TRAINING

DINNER DECIDED BY DESIGN

SHOULD I COOK IT?

MON 5:30 PM

*An easy win.
20 minutes and you're done.*



EASY WIN

TAKE YOUR TIME

FALL · FAST

under 20 minutes











WEEKNIGHT EVENING

Dinner Decided by Design

SHOULD I COOK IT?

SUN 4:00 PM

*Nowhere to be.
Take your time.*



EASY WIN

TAKE YOUR TIME

FALL · SLOW SUNDAY

no rush











SUNDAY AFTERNOON

Dinner Decided by Design

DINNER DECIDED BY DESIGN

SHOULD I COOK IT?

Dinner Decided by Design

FREE ON-DEMAND TRAINING

5 STEPS

7 DINNERS DECIDED

WHAT'S COVERED

-  *First Law of Dinner Decision Freedom*
-  *Stop Aiming For This*
-  *The Art of Choosing Meal Ideas*
-  *Your BFF's*
-  *Put Belief In Your Corner*

FREE ON DEMAND TRAINING

Dinner Decided by Design