

What Is In The Kitchen

Makes sure there is something in the house you would eat on a day you cannot face deciding.

WHEN TO USE THIS

Use this before a shop, or when the cupboards have been bare for a while.

What is in the house right now that you would actually eat?

Four things worth keeping in, so there is always something.

Easy, keeps well, needs no cooking on the days you cannot cook.

1.

2.

3.

4.

What makes shopping hard for you?

The aisles, the money, the crowds, the deciding, being worn out.

How and when are you getting those things in?

Delivery, a quick shop on the way home, someone coming with you.

Food in the cupboard is one less decision on a day when deciding is the hard part.