eterna

Week of _____

Meal planning for couples: a weekly method



Plan the week together in ten minutes. Pick a theme for a night if you get stuck.

DAY	DINNER	WHO COOKS	TO BUY
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

THEME NIGHTS TO FILL THE WEEK

- Soup night
- Pasta night
- Taco night
- Breakfast for dinner
- Leftovers night
- Something new: a dish neither of you has cooked
- Stir-fry night
- One-tray dinner night
- Pizza night, made at home or ordered in
- A dish from a country you want to visit
- Family recipe night: a dish one of you grew up with
- Picnic plates: bread, cheese and whatever is in the fridge

Prefer your phone?

Eterna asks each of you on your own and shows both answers side by side once you have both answered. Book 1 is free.

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