Seven Meals

Picked against the energy, not the days

Decision fatigue is loudest in the kitchen. It is six o'clock, everybody needs feeding, and the question of what is a question you have not got anything left to answer.

So the answer gets decided in advance, on a day when deciding is cheap. Not a meal plan pinned to days of the week — those break the first time a day goes wrong, and a plan that has gone wrong is the one that gets abandoned.

HOW THE SEVEN WORK

ONE

Seven, not fourteen

One meal for each day, chosen in one go. The cost of a week of food is not the cooking, it is the deciding — and doing all seven decisions at once, on a good day, costs far less than doing one a day on whatever day it turns out to be.

TWO

Against the energy

Pick them for the week you think is coming, not for the days of the week. A heavy week gets the low-effort ones, with two spares behind them. A lighter week can carry more variety, with two safe ones at the back in case it turns.

THREE

Decide on the day

Even once the seven are picked, you choose which one on the morning of. Nothing is pinned to a Tuesday. If a day goes wrong you swap it for one of the spares, and the plan has not failed — it has done exactly what it was built for.

FOUR

Spares are the system

The two you never get round to are not waste. They are the reason a bad day does not end in a takeaway, and a list with nothing behind it is a list that breaks the first time somebody is tired.

Written on a good day, used on a bad one. That is the whole mechanism, and it is the same one underneath every system in this house.

This week's seven

Plus two spares, which is the part that matters

No days next to them on purpose. The seven are a pool, not a timetable. You pick which one on the morning of, and the ones you do not use roll into next week.

Week beginning

THE POOL

One

Two

Three

Four

Five

Six

Seven

Spares

Two that need nothing and no thought.

These are two pages out of **The ADHD Operating System**, free because the rest of it only works if this bit does. Everything else is at **ecoandsnug.com**.