# The Breakfast Staples Stock Sheet

*Count what the planned breakfasts actually need.*

A breakfast routine depends on usable stock, not full-looking shelves.

Example: an adult counts ingredients for the selected school mornings, removes a school-breakfast day from the home plan, and records one suitable fallback before shopping.

## 01 List the breakfast combinations

Start with meals the household actually uses.

Combination one / days needed

Combination two / days needed

School breakfast or other arrangement

Dietary or allergy boundary

## 02 Check the stock

Measure or honestly estimate what remains.

Cupboard ingredient / amount left

Refrigerator ingredient / amount left

Freezer ingredient / amount left

Quantity still needing a check

# The Breakfast Staples Stock Sheet / Review & follow-through

## 03 Buy the actual gap

Keep storage and use in view.

Missing item / amount to purchase

Perishable storage or use plan

Restock trigger for staple one

Suitable fallback / ingredients

## 04 Assign and review the check

Use the past week to correct the list.

Stock-check person / time

Ingredient that ran out

Food that remained unused

Next purchase quantity adjustment