Vegetable Variety Meal Map

Record three meals your household actually makes.

Map familiar meals first and choose one suitable vegetable variation the household can actually prepare.

Hypothetical example: A household maps three familiar meals and assigns one suitable vegetable variation to a specific meal and adult.

01 Begin with familiar meals

Record three meals your household actually makes.

Meal one

Meal two

Meal three

Who usually prepares them

02 Notice variety without inventing a prescription

List the vegetables and their actual forms in those meals.

Vegetables already used

Forms actually used

Repeated choice

Variation being considered

Vegetable Variety Meal Map / Review & follow-through

03 Choose one preparation you can explain

Choose one suitable variation with a clear preparation handoff.

Household suitability

Preparation instruction

Person preparing

Meal chosen for variation

04 Review the meal that happened

Review what was served and what remains to be used.

What was served

What remained

Response worth recording

Next meal decision