The Seven-Day Table Reset

A flexible start for faith, food and household care.

DAYS 1-2

Notice one meal that works. Review safe food in the kitchen. Write what should be used, what completes it and what should not be bought again until you understand why it goes unused.

DAYS 3-4

Choose two fallback dinners and make a short shopping list. Use familiar cultural foods, affordable ingredients and appropriate substitutions. Fresh, frozen and canned foods can all have a place.

DAYS 5-6

Share one safe, age-appropriate kitchen task. Choose one device-free meal or a short gratitude practice. Food restriction is not required. Adapt every choice to allergies and health needs.

DAY 7

Review what was easier, what felt forced and what to repeat. Plan the next week from the actual household, not an ideal picture. Ask a healthcare professional before a food fast when health conditions, medicines or other risks apply. Use current USDA food-safety guidance.

PUT IT TO WORK

Your working page

Use this page privately. Write one decision you can explain, one action you can complete and a date to return to it.

The situation I want to address

The facts or resources I already have

What is still an assumption or missing information

The next useful action and its limit

Who needs to know or can appropriately help

My review date and what I will check