



Natural Diabetes Remedy

Diabetes Information and Appointment Toolkit · Part 12 of 12 · One week's meals, shopping list and prep session · Version 2, October 2026

Household Week Planner

A printable page for planning one week of household meals and shopping. You write in the meals your household has already chosen. This planner does not choose foods, amounts or targets. Use any eating guidance your care team has given you. This page may be shared with the whole household, so keep personal health notes off it.

Week of: _____ **Planned by:** _____

Before you plan, the EPA suggests looking in your refrigerator, freezer and pantry first, so you do not buy food you already have, and planning the week's meals before you shop. [S1]

Day	Meal or recipe the household chose	Who cooks, and when	Notes
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Shopping list.

The EPA suggests including quantities on your list, noting how many meals you will make with each item. [S1]

Item	Already have?	Quantity	For which meal

Prep session and containers.

Use this page if your household cooks ahead. CDC names four steps to food safety: clean, separate, cook and chill. [S2]

Day and time of our prep session, and who helps

Prep-session checklist.

- ☐ Clean: hands, counters, cutting boards and tools are washed before we start. [S2]
- ☐ Separate: raw meat, poultry, seafood and eggs are kept apart from ready-to-eat food. [S2]
- ☐ Cook: we follow the recipe's cooking steps. CDC explains that food is safely cooked when its internal temperature gets high enough to kill germs. [S2]
- ☐ Chill: leftovers go into the refrigerator or freezer. The EPA says not to leave perishable food at room temperature for more than two hours. [S1]
- ☐ Label: leftovers are stored in clear, labeled containers with dates, as the EPA suggests. [S1]

Container check for this week.

A quick check before the prep session. Write the jobs your containers need to do this week, such as "store Tuesday's leftovers" or "pack two lunches."

Job this week	Containers I have for it (how many)	Lids fit?	Enough?

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A container's size describes how much it holds. It is not a portion recommendation. Check each container's own instructions before using it in a freezer, microwave or dishwasher. This sheet gives no storage times; how long a food keeps depends on the food.

Looking back.

What worked this week, and one thing we would change

More help on naturaldiabetesremedy.com: the weekly household meal plan guide (/blog/weekly-household-meal-plan/) and the small-household meal prep guide (/blog/small-household-meal-prep/). Questions about what or how much to eat belong with your care team.

Sources

Opened on October 19, 2026.

- S1. US Environmental Protection Agency, Preventing Wasted Food At Home: <https://www.epa.gov/recycle/preventing-wasted-food-home>
- S2. CDC, Preventing Food Poisoning (four steps to food safety): <https://www.cdc.gov/food-safety/prevention/index.html>