

EXERCISE: Build Your Minimum Viable Meal List

List foods you will actually eat at different energy levels

TIER 1 - Zero-Effort Foods (For low-energy days)

1. _____
2. _____
3. _____
4. _____
5. _____
- _____
- _____
- _____

TIER 2 - Low-Effort Meals (For medium-energy days)

1. _____
2. _____
3. _____
4. _____
5. _____
- _____
- _____
- _____

TIER 3 - When I Have Energy (Actual cooking)

1. _____
2. _____
3. _____
4. _____
5. _____
- _____
- _____
- _____

Rule: If it requires too much thinking on low-energy days, it doesn't belong in Tier 1.