

WEEK 2 · TASK 2

Captain's Meal Plan

Protein-forward, one-week plan. AI drafts. Whoever shops collaborates.

Most family captains lose this battle by 6pm because they didn't decide at 9am. Today: a one-week meal plan that defaults to protein, not pizza.

Action checklist

- Open Claude. Tell it the household — kids' ages, any allergies, budget reality.
- Ask for:
 - 7 dinners, protein-forward, ~30 min prep each
 - A grocery list grouped by store section
 - 2 lunch defaults (sandwiches, leftovers, etc.)
 - One "easy night" — accept that night exists
- Hand the draft to whoever does the shopping. Collaborate; don't dictate.
- Stock the pantry by Monday.

Scripture sit

Proverbs 31:15 — A wise household plans meals. The captain participates in the planning, not just the eating.

What I noticed

Captain's next move
