2 Minute                                     Short-Term                           Longer-Term  
Call Jen                                     Practice hymns                     Go to a yoga workshop  
Read over goals                        Write new post                     Get a physical exam done  
Pay electric bill                         Set up a playdate                  Make dental appts  
                                                  Mail missionary gift            Set up extended family activity

Mini-calendar                             Menu                                  Shopping - returns

S - 3pm Appt w/ bishop        Crockpot wheat                     carrots  
      4pm Choir practice          Sandwiches                             cauliflower  
                                               Leftover curry rice                 zucchini (2-3)  
M - 5pm FHE                        Fried eggs, toast, fruit          kale and spinach  
                                               Overnight oats                       tofu  
                                               Chicken soup                          chicken  
T - 5pm piano lessons           Quinoa porridge                     eggs  
                                               Kale cabbage salad                raisins  
                                               Salmon, rice, salad                grapenuts  
W - 8:30 Rocket Yoga           Stovetop Rice pudding   
        Go to the bank                Pesto over zoodles  
                                                Leftover chicken soup  
TH -                                        German pancakes  
                                                Smoothie  
                                                Mexican Pot Pie  
F - 5pm Family Date              Grapenuts and fruit  
      Nature show & popcorn  Bean and veggie wrap  
                                                Leftover Mex Pot Pie  
S - Family project                   Dad's making breakfast  
      Split wood                         Kids are making lunch  
                                                 Frozen stir fry  
Future                                      Try ham/pineapple kabobs