# Family meal preference matrix

Find meals that work for the household without cooking separately every night.

## Three steps

1. List common meals
2. Identify practical adaptations
3. Choose repeatable favorites

## A worked example

| | |
|---|---|
| **Meal** | Rice bowl |
| **Who likes it** | Most |
| **Adaptation** | Separate toppings |
| **Repeat?** | Yes |

**Separate toppings can accommodate preferences.**

Confirm allergies and dietary restrictions.

# Family meal preference matrix

Use one row per item or decision. Start with what you know.

| Meal | Who likes it | Adaptation | Repeat? |
|---|---|---|---|
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## My next action / when