Easy Meal Planning Guide for Busy Caregivers

Make Meals More Repeatable and Less Mentally Demanding

A practical caregiver guide for reducing meal decisions and keeping realistic backup options ready.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Easy Meal Planning Guide for Busy Caregivers

Print it · write it down · keep it handy

THIS RESOURCE IS FOR (NAME)

PRIMARY CAREGIVER

DATE STARTED

LAST UPDATED

1 START HERE

- [ ] Choose several reliable breakfasts and lunches.
- [ ] Choose several dinners that use familiar ingredients.
- [ ] Add easy snacks and beverages.
- [ ] Write down one or two backup meals that require minimal preparation.

2 WORKSHEET / TRACKER

MEAL TYPE	RELIABLE OPTION	LOW-EFFORT BACKUP	WHO CAN HELP	NOTES

Note: Keep preferences separate from medical instructions, and write professionally directed restrictions exactly as provided.

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Notes · patterns · caregiver handoff

3 NOTES, PATTERNS & FOLLOW-UP

RELIABLE BREAKFASTS / LUNCHES:

RELIABLE DINNERS:

LOW-EFFORT BACKUPS:

WAYS FAMILY MEMBERS CAN TAKE OWNERSHIP OF MEALS:

Sources & further reading

- USDA MyPlate - Healthy Eating for Older Adults
- National Institute on Aging - Healthy Aging Tips for Older Adults
- FoodSafety.gov - People at Risk: Older Adults

Educational and organizational only. Follow individualized instructions from qualified professionals.

Everything about your loved one's care, organized in one place.
The Caregiving Concierge™ helps families organize care details in one secure workspace.
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