



a **southern** soul

## Back-to-School Kitchen Survival Tips

### ✓ Plan 3 Dinners, Not 7

Too many options = burnout. Pick three solid meals for the week, then leave room for leftovers or a fun “snack supper.”

### ✓ Use a Prep Day (Even 20 Minutes Helps)

Chop onions, wash lettuce, brown ground beef – anything to get ahead. Sunday afternoons or Mondays work great.

### ✓ Double Up When You Can

Making meatballs? Freeze half. Baking muffins? Save some for lunchboxes. One effort, two meals.

### ✓ Theme Nights Save Time

Try Taco Tuesday, Pasta Thursday, or Soup Sundays. It cuts down on decision fatigue and gives everyone something to look forward to.

### ✓ Keep 2 No-Brainer Meals on Hand

Stock ingredients for two emergency dinners you can make without thinking (hello, frozen ravioli and jarred sauce).

### ✓ Involve the Kids (Even a Little)

Let them help choose sides, pack lunches, or stir a pot. It builds confidence and lightens your load.

With love from my kitchen to yours,

**Donya | A Southern Soul**

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