

Updated 1/30/2025

The 2025 Meal Plan

This Year we have three separate houses 5 minutes from each other. I think the best way to manage meals/meal prep is to have the non-Vegan dudes meet at the four-bedroom house for Breakfast and lunch prep. As far as dinners go, I think we may need to see what kind of accommodation we end up with, before the final decision about either separate or group dinners.

Below is a draft of what we did in the past.

There is a meal **plan signup link** at the bottom of this document. Please complete the form if you are taking part in the plan. A grocery list will be created based on the signup.

The 2025 Meal Plan *(if you choose to take part)*

If you want to do your own thing, that's fine but AIS is **AIS!!** And we **do not** stop anywhere for lunch; you will need to have packed one for yourself.

Below you will find a link to a [form you need to complete](#) to be included in the meal plan. If you decide not to participate there are several sit down and fast food restaurants within a few minute drive.

Meal plan suggestions

Breakfast (Fri., Sat., Sun.)

2 scrambled eggs
2 strips of bacon
2 toast with jelly
6 oz juice
Butter
Coffee
or Oatmeal is quick and easy.

Lunch (Fri., Sat., Sun.)

Prepacked during breakfast.
1 deli meat/cheese sandwiches w/
pickles, lettuce, mustard
Carrot sticks
Piece of fruit (apple or an orange)
Chips
Pack your own water/beverage.

[Meal plan signup here.](#)

Dinners (suggestions)

Talk to your housemates and come up with a plan. Some possibilities are:

Take out or delivery, there are many options nearby.

Go out to sit down or fast food.

There is a Texas Roadhouse and several others nearby.

Grill and charcoal appear to be available at the three-bedroom house.

Group Prep: There could be a slow cooker available if you let me know you would like one. Pasta is easy, Chili too.

After the round(s) on Thursday, we'll go to a grocery store and a liquor store together to pick-up the Breakfast/Lunch stuff. I can put together a spreadsheet that will generate a list. **The cost of the items for the meal plan will be split.** At the same time, we can each individually get/pay for the snacks and drinks we want to buy for ourselves for the weekend. If the late comers get us a list of their snacks and drinks, we can get those too. **Let's all try getting only what we will consume** to make cleanup before leaving quick and easy. (*Bring large reusable water bottle(s). We will try to keep our waste to the bare minimum.*)

[Meal plan signup here.](#)