* Declutter Your Food
* Inventory What You Have
* Find Recipes for Other Items
* Make List of Meals & Extra Ingredients Required
* Post Your List & Seek to Make Every Meal
* Prepare Your Food Storage Spaces
* Record What You’re Eating
* Trim the List of LL2BMs
* Settle on a Plan
* Decide on Sides
* Create Your Final Meal Plan
* Create a Grocery List
* Plan for the Upcoming Week
* Grocery Shop
* Cook & Evaluate
* Modify & Repeat
* Create Your Own Cookbook
* Plan a New Recipe
* Make Healthier Restaurant Choices
* Make Healthier Supermarket Choices
* Make Healthy Substitutions
* Try a Healthy Recipe that Looks Good
* Make a New Food from Scratch
* Replace an Unhealthy Meal with a Healthy One
* Create a Crazy Week Meal Plan
* Develop a Cook Ahead Plan
* Develop a Special Occasion Plan
* Tell Your Family & Friends About the Once-and-for-All Meal Plan
* Add Your Recipes to [Psychowith6](http://www.psychowith6.com/add-recipes)