



The Frictionless Meal Framework

Meal preparation isn't really about food. It's about reducing the number of decisions your brain has to make when your energy is already low.

Eat Before You're Running on Empty

Don't wait until you're already low on energy before thinking about food.

Choose Meals That Last

Aim for meals that keep you satisfied rather than simply full.

Repeat What Works

**Reduce decision fatigue
by keeping a handful of reliable meals in regular rotation.**

Keep It Flexible

**The goal is support, not perfection.
Consistency matters far more than variety.**
