EVERYDAY WINS PUBLISHING

FREE GUIDE

7 Reasons Dinner Feels Harder Than It Needs To

Dinner doesn't have to be so hard. ♡

Simple solutions for less stress, more time and happier mealtimes.



7 COMMON DINNER PROBLEMS

7 PRACTICAL SOLUTIONS

7 EVERYDAY WINS YOU CAN START TODAY

It's 5.30 pm. You're tired, everyone's hungry, and someone asks the dreaded question: “What's for dinner?”

You open the fridge. It's full of ingredients, but somehow there's absolutely nothing to eat.

And suddenly, moving to a house where nobody knows your address sounds quite appealing.

Sound familiar?

The problem usually isn't that you can't cook. It's that getting dinner on the table involves far more decisions than it should. What are we having? Have we got everything? Is anything defrosted? Will anyone actually eat it?

By the time you've answered those questions, takeaway starts looking like a perfectly reasonable financial decision.

But dinner doesn't have to be this complicated. These seven reasons explain what gets in the way and give you one small, practical action for each problem.

No perfect routines required.
No entire Sunday spent chopping vegetables into matching containers. Just small habits that work in real households.

REASON 1 / 7

You're deciding what to cook when you're already exhausted

WHY IT FEELS HARD

After a full day of work, family commitments and everything else, the last thing you want is another decision. Yet that's often when the dinner debate begins.

WHAT TO DO DIFFERENTLY

Move some of the decisions to a time when you're not tired and hungry. You don't need to plan a month of dinners. Knowing what you're having for the next few nights is already a big improvement.

YOUR EVERYDAY WIN #1

Write down three dinners your household enjoys. Decide which nights you'll have them this week. That's three evenings when you don't have to answer the dreaded question.

REASON 2 / 7

You're shopping for ingredients, not meals

WHY IT FEELS HARD

You return from the supermarket with bags of groceries and still have no idea what to cook. Somehow you've bought half the ingredients for five dinners, but everything you need for none of them.

WHAT TO DO DIFFERENTLY

Choose a couple of meals before you shop. Check what you already have, then buy the missing ingredients. Specials are fine, but your shopping list should have a purpose.

YOUR EVERYDAY WIN #2

Before your next grocery shop, choose two meals. Check your fridge and pantry, then add only the missing ingredients to your list.

REASON 3 / 7

You don't know what's already in the freezer

WHY IT FEELS HARD

Somewhere at the back of the freezer is a mysterious container. Nobody remembers what it is, when it went in or whether it's worth investigating. Meanwhile, you're buying things you may already own.

WHAT TO DO DIFFERENTLY

Take a quick inventory before planning or shopping. Label frozen food with its contents, date and number of serves. You don't need a perfectly organised kitchen; you just need to know what's available.

YOUR EVERYDAY WIN #3

Take five minutes to check your freezer. Find three things you can use for upcoming meals. Label anything new before it goes in.

REASON 4 / 7

You're trying to invent a new dinner every night

WHY IT FEELS HARD

Who decided a good dinner routine means constantly producing something new? Most households already have meals that people enjoy and will happily eat again.

WHAT TO DO DIFFERENTLY

Build a list of reliable favourites: quick meals, inexpensive meals, freezer-friendly meals and dinners that need almost no effort. Try new recipes when you feel like it, not because you have to.

YOUR EVERYDAY WIN #4

Write down five dinners your household already enjoys. That's the beginning of your go-to meal list. No recipe research required.

REASON 5 / 7

Your freezer isn't saving you time

WHY IT FEELS HARD

Freezing a huge batch of pasta sauce is brilliant until you need two serves and it's one enormous frozen brick. A freezer only helps when the food inside is easy to use.

WHAT TO DO DIFFERENTLY

Freeze leftovers and suitable ingredients in quantities you actually cook or eat. Label each container. If you make extra, divide it into practical portions before freezing, and follow safe cooling and storage practices.

YOUR EVERYDAY WIN #5

Next time you cook a freezer-friendly meal, freeze an extra usable portion. Write the contents, date and number of serves on it.

REASON 6 / 7

Your meal plan is too rigid for real life

WHY IT FEELS HARD

Monday is organised. Then someone works late, Tuesday changes, and Wednesday becomes a circus. By Thursday, your beautifully arranged plan has quietly resigned.

WHAT TO DO DIFFERENTLY

Treat your meal plan as a guide, not a contract. Swap meals between days and keep a simple backup dinner for nights that go sideways. A system should make life easier, not create another set of rules.

YOUR EVERYDAY WIN #6

Choose one backup dinner made from ingredients you usually have on hand. Keep the ingredients stocked when possible.

REASON 7 / 7

You're starting from scratch every week

WHY IT FEELS HARD

Every week you sit down, search for ideas, make another shopping list and try to remember what worked last time. Then next week, you do it all again.

WHAT TO DO DIFFERENTLY

Save what you've already worked out. Keep your favourite meals, useful shopping lists and notes on what freezes well. Over time, those little pieces of information become a repeatable routine.

YOUR EVERYDAY WIN #7

Start one list called “Meals That Work for Us”. Add your five favourites from Reason 4, then add to it whenever you find another winner.

YOUR 7 EVERYDAY WINS

Keep this page somewhere handy. You don't need to do everything today. Pick one small win and build from there.

- [ ] Choose three dinners ahead of time
- [ ] Shop for meals, not just random ingredients
- [ ] Check your freezer and pantry before shopping
- [ ] List five reliable household favourites
- [ ] Freeze food in useful, labelled portions
- [ ] Choose one easy backup dinner
- [ ] Keep a reusable “Meals That Work for Us” list

Small changes. Less stress. More everyday wins.
You don't have to overhaul your kitchen or become a different person. Start with what works for you.

WHAT IF DINNER DIDN'T HAVE TO BE SO HARD?

You've just found seven simple ways to make dinnertime a little easier. But you don't have to figure out how to put all these ideas together yourself.

We've been using a meal planning system in our own household for 15 years.

Not a complicated system. Not one that requires hours of preparation or a perfectly organised kitchen. Just a practical, flexible way of planning meals, managing groceries and making everyday life easier.

It's been tested through busy weeks, changing schedules and all the usual things life throws at us. Now we've turned it into The Everyday Wins Meal Planning Method, so you can use it in your own household.

THE EVERYDAY WINS

MEAL PLANNING METHOD

A$13.99

Complete digital package • A flexible, repeatable system for real households.

Dinner is something you deal with every day.

It doesn't have to be something you struggle with every day.