Boussofyane Ilboudo
Assignment 5.2
4/20/2025

WEEKLY MEAL PREPARATION

Decide on meals	Check fridge	Drive to grocery store	Could be reused week to week
20 min	10 min	30 min	

Could be reused with app	Reduces duplicate purchases	Could consider delivery options

Cook for groceries	Return home / unload	Cook meals	Clean up kitchen
40 min	20 min	2 hrs	30 min

Preps for the week	Time consuming	Core of the process	Necessary but not value-added

Step	Time Spent	Value-Added (Y/N)	Notes
Decide on meals	20 min	N	Could be relised week
20 mn	15 min	Y	Could automate with app
N	30 min	Y	Preps for the week