```json
{
  "menu": {
    "Day_of_Week": {
      "Meal_Type": "Meal Name",
      "Another_Meal_Type": "Another Meal Name"
    },
    "Another_Day": {
      "Meal_Type": "Meal Name"
    }
  },
  "shopping_list": {
    "Category_Name": {
      "Item_Name": "Quantity",
      "Another_Item": "Quantity"
    },
    "Another_Category": {
      "Item_Name": "Quantity"
    }
  },
  "daily_notes": {
    "Day_of_Week": {
      "Meal_Type": {
        "title": "Meal Name",
        "prep_tips": [
          "Tip 1",
          "Tip 2"
        ],
        "get_ahead": [
          "Suggestion 1"
        ],
        "quick_substitutions": [
          "Alternative 1"
        ],
        "extra_thoughts": [
          "Additional insight 1"
        ],
        "order_of_operations": [
          "Step 1",
          "Step 2"
        ]
      }
    }
  }
}
```