



Here are a few mealtime questions to begin a conversation with your partner...

Please let us know the outcome of your discussion and if there were additional questions you discussed regarding this daily activity.

1. What mealtime rituals are important for you and your partner to share?
2. What is your favorite food?
3. How often do you eat your favorite food?
4. What is your favorite meal of the day (breakfast, brunch, lunch, dinner, snacks)?
5. How will you work together to prepare/cook the meals?
6. What is your favorite type of cooking (baking, boiling, broiling, crockpot, frying, grilling, or take out)?
7. What was mealtime like in your family?
8. Where will you eat your meals?
9. Will your mealtimes consist of talking to each other, listening to music, watching television, entertaining guest, or other?
10. What is your attitude about leftovers?
11. How will you work together to clean-up?
12. How will the grocery shopping be done?
13. Do you have any food allergies?
14. Are you open to trying new foods?
15. What beverages do you like to pair with your meal (coffee, juice, milk, soda, tea, water or wine)?
16. Will you have a set time for meals?
17. If you work out of the home, will you take your lunch or purchase it?
18. Is food a line item in your budget?
19. Do either of you have dietary restrictions based on your health?
20. How do you plan to work together to address these health concerns?

If you find it challenging to discuss this and other topics, consider enrolling in a couple communication course or seeking professional help.



iplanned4marriage
P.O. Box 13633
New Bern, North Carolina 28561



252-481-5679
info@iplanned4marriage.com



www.iplanned4marriage.com

