




# Meal Planning & Preparation Basics

Biblical Heart and Home Workshops

Countryside Bible Church

July 24<sup>th</sup>, 2018



Goal: Learn the basics of planning meals and how to meal prep ahead of time, giving you more time outside of the kitchen.

- Meal Planning & Prepping can bless your family, friends, co-workers as well as those in need around you.
- Meal Planning & Prepping allows you to be a good steward of the gifts God has given you – time, money, resources, energy.
- Meal Planning & Prepping is applicable to all of us – single, married, children at home, empty nesters. It can (and likely will) look different for every single one of us, but we can all benefit from the basics and create a plan that works for each of our situations – the more we plan, the more resources we have to serve God where He has placed us!
- Meal Planning & Prepping is one of the many ways you can glorify God in your home and in your life!

# What God's Word Says

## ➤ The Proverbs 31 Woman:

- She “works with her hands in delight”
- She “brings her food from afar”
- She “rises while it is still night...gives food to her household...portions to her maidens”
- She “considers a field...from her earnings she plants a vineyard”
- She “...makes her arms strong”
- She “senses that her gain is good; her lamp does not go out at night”
- She “stretches out her hands”
- She is “not afraid of the snow”
- She “looks well to the ways of her household...does not eat the bread of idleness”
- She “fears the Lord”

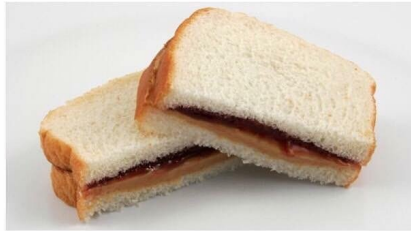
## ➤ Instruction from Titus 2:

- Older Women: be reverent in behavior, teach what is good, encourage younger women
- Younger Women: learn to be sensible, pure, workers at home, kind, subject to husbands

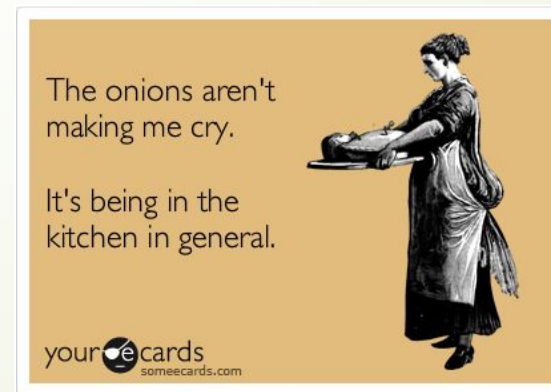
# We're all Different, But Our Goal is the Same!



\*Watches the food network once\*  
"I made a puréed nut spread w/ a grape relish reduction paired w/ brioche bun"



I SPEND A LOT OF TIME  
HOLDING THE REFRIGERATOR  
DOOR OPEN LOOKING FOR  
ANSWERS.



ACCIDENTALLY WENT  
GROCERY SHOPPING  
ON AN EMPTY  
STOMACH AND  
NOW I'M THE  
PROUD OWNER OF  
AISLE 5.

1 Corinthians 10:31 – “Whatever, then, you eat or drink, or whatever you do, do all to the glory of God.”



# Getting Started



- ▶ **Step #1: Decide How Often You Will Plan**

- ▶ Weekly, Bi-Weekly, Monthly, Annually, etc.
- ▶ To decide, consider your personal preference, financial flow, work or activity schedules, etc.

- ▶ **Step #2: Decide How Many & Which Meals**

- ▶ Everyone? Just you? You and your husband? You and your children? All meals? Just dinner? A combination?
- ▶ To decide, consider your family's schedules, eating preferences or restrictions, stage of life, etc.

# Getting Started *(continued)*

## ■ **Step #3: Decide How to Capture Your Plans**

- Pen & Paper, Calendar, Excel, dry erase or chalkboard, custom planner, etc.
  - To decide, consider your personal preference – do you prefer pen & paper over computers, or dry erase calendars?
- Be flexible – try it one way and change it if you don't like it or it isn't working!

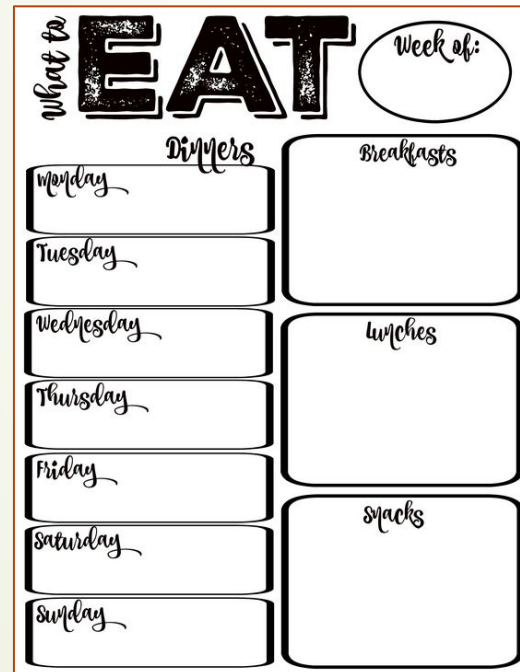
## ■ **Step #4: Decide How to Organize Your Plans**

- Binder/Recipe Box, Online – Pinterest/Facebook, etc.
- Creative ladies (or creative kids) can have fun with this – create a binder to store all of your favorites and make it pretty!
- To decide, consider your personal preference – do you prefer something tangible you can hold (cookbooks, recipe cards, notebook, etc.), or electronic (online recipes, online menus, etc.)?

# Meal Plan Samples



		Breakfast	Lunch	Dinner
Monday	4/4/2016	MM - Scrambled Eggs w/ Deli Meat, V8, Coffee LM - Turkey Sausage/Hard Boiled Egg, Tea Kids - Cereal/Waffles/Oatmeal/Fruit	MM - (2) Salmi Tacos, chips, cheese stick, fruit, egg LM - Grilled Chicken w/ Avocado/Salsa/Spinach, Fruit & Veggies Kids - sandwiches/chicken nuggets/rollups, chips, fruit, yogurt	LM @ Girls Weekend: Whataburger
Tuesday	4/5/2016	MM - Scrambled Eggs w/ Deli Meat, V8, Coffee LM - Turkey Sausage/Hard Boiled Egg, Tea Kids - Cereal/Waffles/Oatmeal/Fruit	MM - (2) Salmi Tacos, chips, cheese stick, fruit, egg LM - Grilled Chicken w/ Avocado/Salsa/Spinach, Fruit & Veggies Kids - sandwiches/chicken nuggets/rollups, chips, fruit, yogurt	Chicken & Green Bean Teriyaki Stir Fry
Wednesday	4/6/2016	MM - Scrambled Eggs w/ Deli Meat, V8, Coffee LM - Turkey Sausage/Hard Boiled Egg, Tea Kids - Cereal/Waffles/Oatmeal/Fruit	MM - (2) Salmi Tacos, chips, cheese stick, fruit, egg LM - Grilled Chicken w/ Avocado/Salsa/Spinach, Fruit & Veggies Kids - sandwiches/chicken nuggets/rollups, chips, fruit, yogurt	Cheesy Beef Frittata w/ Salad
Thursday	4/7/2016	MM - Scrambled Eggs w/ Deli Meat, V8, Coffee LM - Turkey Sausage/Hard Boiled Egg, Tea Kids - Cereal/Waffles/Oatmeal/Fruit	MM - (2) Salmi Tacos, chips, cheese stick, fruit, egg LM - Grilled Chicken w/ Avocado/Salsa/Spinach, Fruit & Veggies Kids - sandwiches/chicken nuggets/rollups, chips, fruit, yogurt	Chicken w/ Peanut Sauce & Veggies/Rice
Friday	4/8/2016	MM - Scrambled Eggs w/ Deli Meat, V8, Coffee LM - Turkey Sausage/Hard Boiled Egg, Tea Kids - Cereal/Waffles/Oatmeal/Fruit	MM - (2) Salmi Tacos, chips, cheese stick, fruit, egg LM - Grilled Chicken w/ Avocado/Salsa/Spinach, Fruit & Veggies Kids - sandwiches/chicken nuggets/rollups, chips, fruit, yogurt	Cheeseburger Quesadillas w/ Salad
Saturday	4/9/2016	(LM @ CBC Ladies Event): Freezer Breakfast	(LM @ CBC Ladies Event): Leftovers/Sandwiches/Rollups	(MM&LM Out): Pizza/Chicken Nuggets
Sunday	4/10/2016	Egg & Cheese Quesadillas	Slow-Cooker Steak w/ Gravy, Veggies & Salad	Spinach Pesto Chicken w/ Spaghetti
		GROCERY	PRODUCE	NON-GROCERY
		chips - MM	avocado	flour
		corn tortillas	spinach	sugar
		bread - kids	lettuce	oatmeal
		onion soup mix	green beans	spaghetti/elfbow noodles
		mushroom soup	lemons	brown rice
		walnuts?	limes?	diced tomatoes
				olives
		DAIRY	FROZEN	STAPLES
		eggs		
		milk		
		feta		



## Meal Planner

Monday	Tuesday	Wednesday
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner

Thursday	Friday	Saturday
Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch
Dinner	Dinner	Dinner

Sunday	Notes:
Breakfast	
Lunch	
Dinner	

SOUTHERN PLATE

# Getting Started *(continued)*

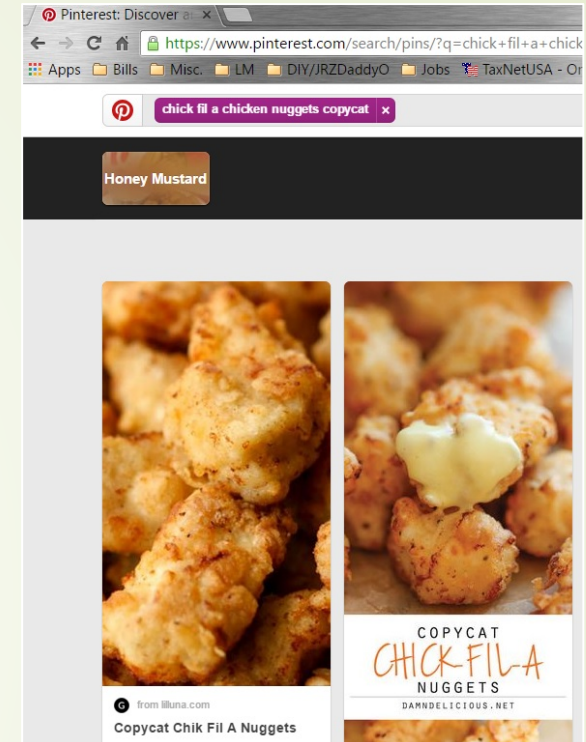
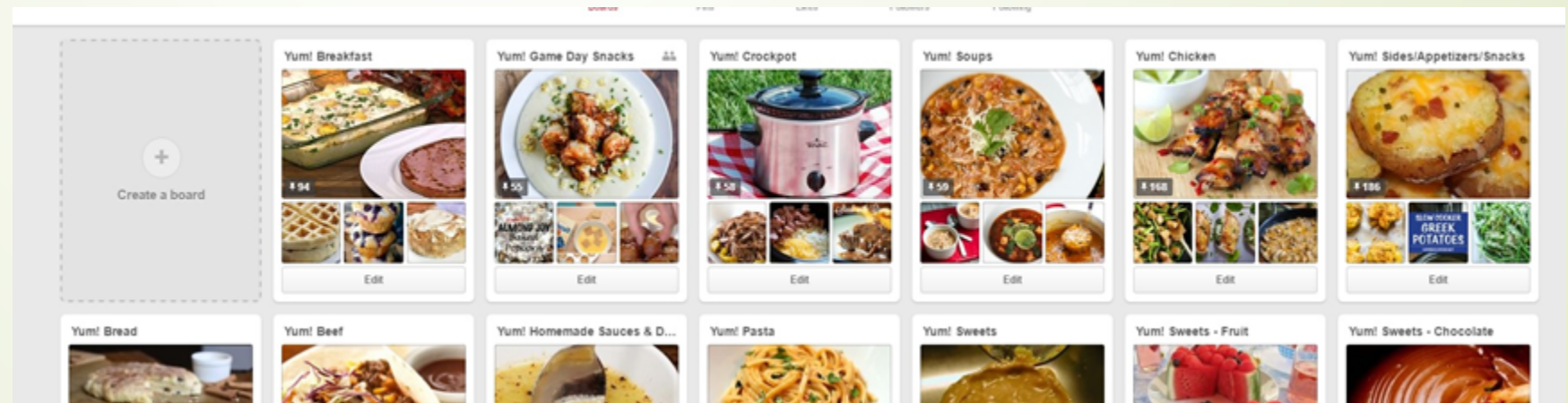
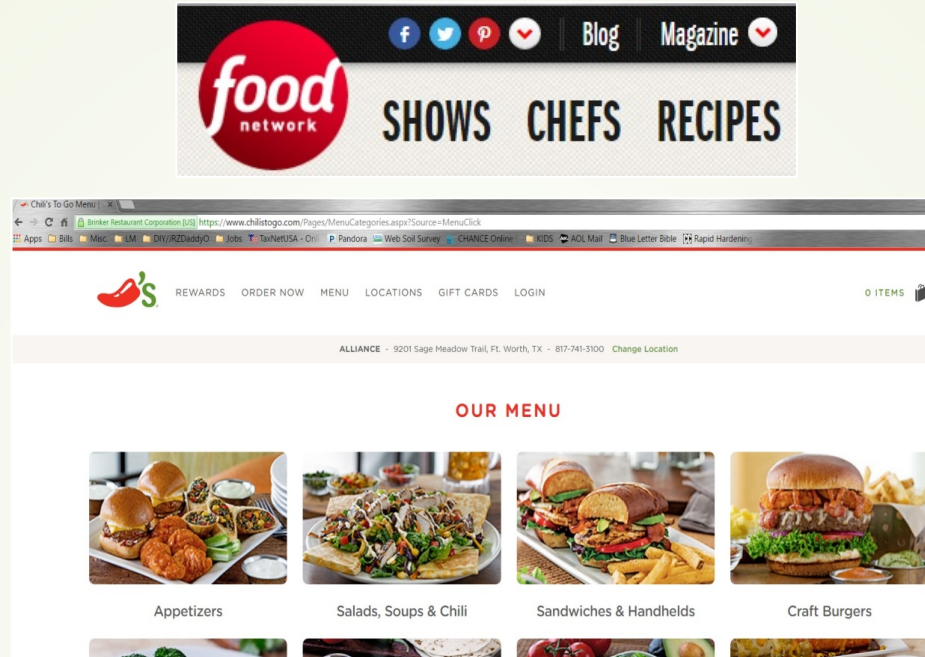
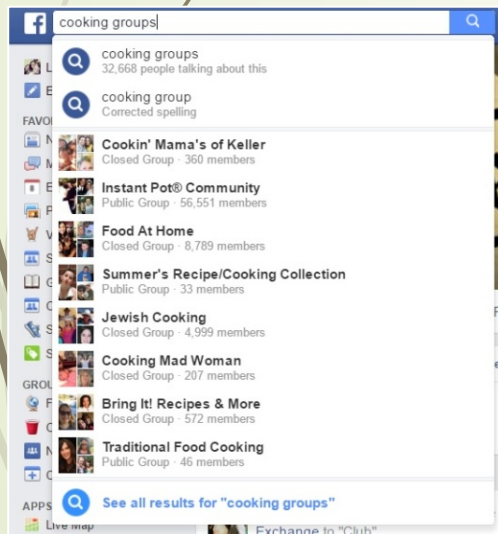
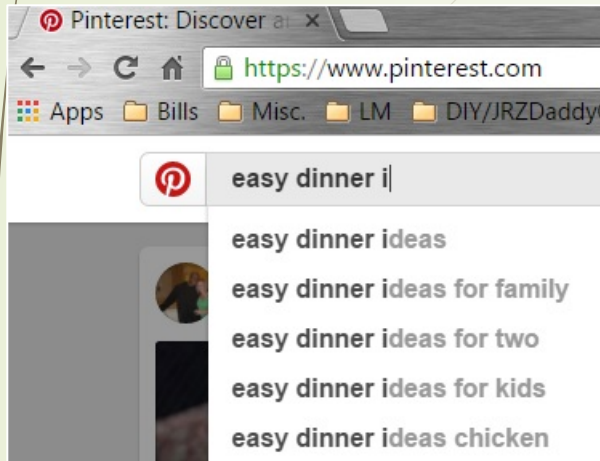
- **Step #5: Consider Creating Themes (creating some patterns) and Develop Your “Regular” or “Staple” Items**
  - Italian Night, Asian Night, Mexican Night, Kids Choice, ground beef night, chicken night, etc.
  - To decide, consider your family preferences and dietary needs
    - Moms of younger kids/young adults – your kids can play an active role here – they can help poll the family and collect information to help Mom plan (create a survey, make it fun!)
  - “Map Out” your themes on your calendar/list before you start picking your actual meals
  - Develop a list of those items you use on a regular basis – this will become your “staples” list
    - A good indicator of these items is those that you often find yourself running to the store for!

# Implementing Your Plan

## ➤ Step #6: Plan Your First Set of Meals!

- Pick a few “family favorites” to put into your rotation
- Don’t make every meal brand new – have some “go-to’s”
- Consider picking a meal every now and then that IS new (IF this is something you and your family would enjoy) – remember that it doesn’t need to be fancy or complicated (the goal here is to grow your list of go-to meals)
- Consider developing some meals based off of your “staples” – this allows you to almost always have a “Plan B” and to be prepared for days that don’t go according to plan
  - This may take some time – as you begin to plan and keep track of your meal plans and determine what you/your family like and don’t like, you may start to develop your “staples” list, then you can create recipes off of those items at a later date
- Keep in mind that your planning can be an expression of love for your family – how delighted would they be to know that a particular meal was chosen with them specifically in mind?
- Once you know what kind of recipes you want, go find them!
  - Cookbooks
  - Pinterest/Food Blogs or Websites
  - Restaurant Websites
  - Friends – mooch their favorites!
  - Facebook – recipe groups/pages (check out CBC Recipe Exchange)

# Ideas for Searching & Organizing Recipes



# Implementing Your Plan

## ➤ Step #7: Create Your Grocery List

- Consider making TWO lists – one for staples and one for your current menu. Staples should be the items you use on a regular basis and know that you need to have on hand at all times – these can be items that your family consumes as-is, or items that you use to make certain foods for your family to eat.
- Make your list as you choose recipes, OR save the recipes you need in one place and then go back and create your list
- Your current list will change, but your staples list should mostly stay the same (once you get it developed). Scan this list each time you prepare your menus/ lists to avoid last minute runs to the store.



# Implementing Your Plan

## ➤ Step #8: Stock Up!

- Think about the stores you normally go to – do they offer any loyalty cards or discounts? Are you taking advantage of them?
- Review and take advantage of the coupons you have access to – newspaper, store website, phone app, etc.
- Review weekly ads from the stores you plan to shop at (you can usually pick these up in the store, they may come in the mail, or you may be able to sign up for emails)
- Determine if you are able, and plan on going, to more than one store – sometimes there is a benefit, sometimes there is not! Review your list of items and research prices at different stores – then decide if it makes sense to go to one or multiple stores. Remember that if you do plan to go to more than one store, it doesn't necessarily have to be all in one trip. Planning allows you to break up your trips (if it makes sense to do so).

# Now What? PREP!

## ➤ A House Full of Food...Now What? PREP!!

- Decide if and how you want to prep for your upcoming menu – to decide, consider your personal preference as well as available time (now and later).
- Some options for prepping could include: nothing, cutting (veggies, meats), sauces/marinades, pre-cook (meat, pasta, etc.), prep it all (prepare all meals ahead of time!)
- Set aside a period of time (if possible) on a regular basis to prep/cook – invite a girlfriend or two and do it together!
  - Consider joining social media groups that appeal to your interests (CBC Recipes & Meal Plans on Facebook!)
- Consider doing everything you decide to do TWICE (or more!)
  - Cut two onions instead of one, double your casserole and freeze the second one, etc.
- Moms – your kids (if old enough) can be an invaluable asset in this area – four (or 6, or 8, etc.) hands can accomplish much more than two!




# Set Yourself Up for Success....a few tips and tricks

- Notes –take notes as you go so that you can remember what works, what doesn't, etc. Talk to your family or share with a friend what you're doing – do they have any suggestions?
- SAVE your menus! Even the “flops” – if nothing else, you can learn/remember what NOT to do! ☺ A month/quarter/half-year/year down the line, you can decide to keep doing what you're doing, or reuse what you've already done. Pretty cool to have a whole year's worth of menus complete!
- Consider buying in bulk – this may mean investing in a warehouse membership, or simply buying bulk sizes at your regular store(s)
- Coupons – digital or paper – do some research and see what coupons are available that make sense for you (grocery loyalty cards, newspaper coupons, etc).
- Sales – in addition to looking for sales BEFORE you go to the store, look for sales WHILE you're at the store. If you find something on sale that you know you will use and it's within your budget, grab it! (BUT! make sure you can store the item(s) until you're ready to use them – lots of things can be frozen)



# Set Yourself Up for Success...a few tips and tricks

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- Be strategic about unused items (or leftover ingredients) – make sure you incorporate any unused items from your last trip so that nothing goes to waste.
  - Leftovers – many meals can be individually packaged and frozen for later meals (saving \$ on a future meal!). Many foods can be frozen in Tupperware or Ziploc bags!
  - Don't go for convenience – sometimes it's a necessity, but when it's not, go for the items that are LESS packaged and do the packaging yourself.
  - Spend some time researching “cheap” or “easy” meals – cheap and easy does not always equal boring or unhealthy.
  - Organize your fridge and pantry – as you develop your staples, this will likely become easier – create a dedicated space for those items you always keep on hand. Go through your space several times a year and get rid of expired or unused foods. Use labels!

# Set Yourself Up for Success

...a few things to watch out for

- Don't let the process become time consuming or a time waster. Having many resources available can be a blessing, but it could also be a distraction if you let it.
- Communicate! Talk to your family and find out how much or how little they want to be involved – how can your kids help? Are you and your husband on the same page?
- Be flexible – keep your heart and mind focused on glorifying God; the rest is just details and you can change as you go – remember that there are many ways to “skin a cat”! ;-)
- Remember what and who you are doing all of this for – first and foremost, our goal is to glorify God and make good use of the resources He has given us, so that we can serve others (our family, our brothers and sisters in Christ, those in our “circle” and beyond).