The Ultimate

Meal Planning Guidebook

Save time, effort and money by getting mealtimes organised - simply.
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INTRODUCTION

I'm not really a big organiser. I don't love spreadsheets or lists or rigid systems. I know many people who do and for them these things work brilliantly. But I'm not one of them.

And while creating a simpler, slower life is about having less stuff, saying ‘no’ more, and making the space and time for those things that matter, to a certain extent it is also about embracing systems and ideas that help you live that simpler way of life.

For that reason, I am a huge proponent of meal planning and being organised in the kitchen.

I find there is a very broad spectrum when it comes to meal preparation. Some people love cooking, while others hate it. Personally, I’m somewhere in the middle. I don’t love it, but it’s important to me to cook healthy meals for my family on a regular basis and I don’t want to spend any more time, money or energy on those tasks than I need to.

Meal planning has helped me to do just that, which is why I’m such a huge proponent of it and why this guide is designed to help you create a system that works for you and your family. Not the other way around.

After all, aren’t there things you would prefer to do instead of visiting the shops every afternoon, desperately trying to think of what you’ll cook for dinner?

In this guide I will show you how to effectively and efficiently plan your main meals, as well as any specific breakfasts, lunches, snacks and extras you may need to prepare during the week. It will also help you write your grocery list and buy all you need to keep the home running all week, with no major disasters (no more 9pm run to the shops for toilet paper!)

Regular meal planning helps you:

- save money - shopping from a list means you buy only what you need and cut back on impulse purchases
- save time - planning a week’s worth of dinners in advance means you don’t have to consider what to make every night
- reduce stress - by having an answer to the ever-present question of, “Mum, what’s for dinner?”
- minimise waste - ensuring you only have on hand what you need, as well as helping you use leftovers during the week
- prepare for hectic periods - allowing for batch cooking when you have time, giving you back-up frozen meals for those nights when it’s not possible (or desirable!) to cook
What is Meal Planning?

Essentially meal planning is a system that allows you to plan a week’s worth of meals (or more) at one time. It also entails preparing your grocery list, shopping for all ingredients, preparing those ingredients and ensuring there are sides to go with each meal.

It’s worth noting there are endless variations on the idea of meal planning, and what one person sees as vital to their success, another sees as excess to requirements.

But the truth is we are all busy. We are all looking to simplify our lives and create a slower way of being, and being organised (to a certain extent) helps us navigate the day-to-day task of meal prep with minimal fuss.
HOW TO MEAL PLAN

This is an imperfect science, and what works for me may not be best for you. But this guide includes my system and once you get a feel for what fits you and your lifestyle, you will be able to tweak it as needed.

I am an unapologetic pen and paper girl. I’m quite analogue (I even wrote this guidebook by hand before typing it out!) and don’t really love using digital solutions for these types of home tasks, but I know many people do.

The system outlined in this guide is designed to be analogue, but it can also be adapted to be digital too. At the end of this guidebook you will find the printable planners and lists (see page 23) and there you will also find a link to a digital version of each of the lists, which will allow you to use them on your computer or tablet.

You can also find an extensive digital meal planning guide over on the blog. This was written by Deron Bos, a digital organiser, and is adaptable to use with any online meal-planning resource. You can check it out here:

http://www.slowyourhome.com/meal-plan-wizard/

How Often?

This is entirely up to you. I work on a fortnightly basis - an old habit from our early days of marriage where we needed to align our grocery shopping days with our pay cycle lest we spent all our money at the pub and were forced to eat baked beans for the rest of the week!

Some people find that weekly planning works well, while others work monthly. One teacher friend of mine plans all her meals for the entire school term so she doesn’t need to think about it while school is in.

All that to say, go with what works for you.

Also, don’t be afraid to try different things. Try doing your plans weekly for a month and see if it works for you and your family rhythm. If not, switch it up to a fortnightly plan with weekly grocery shops or a monthly plan with fortnightly grocery shops. There really is no right or wrong here - just what’s right for you.
What to Consider

When creating your plan and plotting out the weekly meals, there are a few things to keep in mind. Some of these will be applicable to you while others will not.

**Nutrition**

(Please note, I am not trained in nutrition and am not giving advice on how to structure your meals. There is a great deal of information available in books and online and I encourage you to learn as much as you can about preparing nutritious food for yourself and your family. If you’re looking for further guidance, find a local nutritionist or speak to your GP.)

In terms of eating well, I prescribe to a very simple idea: Stick to real, whole foods most of the time. Minimise packaged and processed foods. That’s it.

As you create your plan:

- include fresh produce (a simple green salad or steamed vegetables is perfect to add nutrients to each meal)
- ask yourself if you can make it instead of buying a packaged/processed version
- look to see if there are less processed options, or options with fewer preservatives/colourings/flavourings

**Allergies, Sensitivities and Personal Preferences**

You may have food sensitivities or allergies in your home. I don’t need to tell you that your meal plan needs to reflect these needs. But there may also be a host of personal preferences at play in your home too.

Perhaps your teenager is a vegetarian or you’re experimenting with grain-free foods. Whatever the preferences, ensure you keep them in mind as you prepare your meal plan.

**Budget**

Planning meals ahead of time is a great way to save money, and I know many people who base their plans on a set budget per person. For example, you may want to stick to a budget of $5 per person, per dinner. Or you may need to prepare a week’s worth of meals while sticking to a $100 fresh food budget.

There are many amazing resources to be found online, to help you stretch your food budget further while not sacrificing health. Start with Pinterest or a quick Google search and you will be cooking up healthy, budget-friendly meals in no time!
10 STEPS TO MEAL PLANNING

1. Collect all you need to begin.

Gather your calendar, recipe books/apps, your meal planner sheet (page 12-13) and your grocery list (page 14-15). Add to that anything else you need in order to create your meal plan and grocery list, such as budget, coupons, dietary information etc.

Add the dates to your meal planner now, as this will make step 2 infinitely easier.

You will need 15-30 minutes to complete your plan, so try doing it at night or when you will have relatively interruption-free time.

2. Consult your calendar.

Take a moment to look at your calendar for the length of your meal plan, checking for upcoming events, busy periods, holidays, birthdays, etc. Some of these events will require special meals (make a note of them on your plan now) while others mean that you will have reduced time to prepare regular meals. Note these on your plan too, and opt for easy meals or leftovers at these times.

Next look at the flow of your regular weeks. Inevitably there will be regularly occurring meetings, training, ballet classes, soccer practice, late finishes at work, early starts etc.

You don’t need to do anything specific with this information other than plan your meals with these in mind. (You don’t want to be planning a time-intensive meal on the evenings that you have soccer practice and a late meeting, for example).

3. Assign different themes to each night of the week.

(This might not work for everyone, but I find it has helped to add some structure to our plan, particularly in light of the regular classes, meetings and practices we looked at in Step 2.)

By themes, I mean recurring ‘types’ of meals. For example, Mondays may have a late finish with soccer practice, so you have a slow cooker meal each Monday. This means you can prepare it ahead of time and have dinner ready when you get home. Friday nights may be quiet and no-one really feels like cooking, so you can do homemade pizzas or wraps.

Some themes to consider including in your plan are:

- pasta
- meat-free meals
- fish/seafood
- wraps
- leftovers
• slow cooker meals
• soups
• cold cuts
• roast dinner
• BBQ
• ‘scratch it’ (In our family this just means fend for yourself. It could be pancakes, leftovers, omelettes - anything really, providing it’s not a big meal anyone needs to prepare).

These themes don’t have to be set in stone either, nor do you need one for every day of the week. Again, do what works for you.

Make seasonal changes as needed. For example, in winter we do soups on a Saturday night (this includes casseroles or stews too), and when the weather warms up this changes to BBQs.

Also, don’t be afraid of leftovers. We typically have one or two nights a week where leftovers are on the menu. It’s a good way of minimising food waste and giving yourself a night off cooking.

By assigning a theme to each night you may find it easier to come up with meals (which, let’s face it, can be really difficult to do week in, week out) and it can help alleviate the rut we often find ourselves in when it comes to planning. I’ve found it can be really easy to slip into using and re-using family favourites each week if we don’t intentionally decide to try new things.

4. Any requests from the family?

I know this may be a Pandora’s Box you’re not willing to open, but in our home I find my kids more likely to eat a meal if they have requested it.

In your home this might mean everyone gets to choose one meal per week, or one per month. It doesn’t really matter, again, as long as it works for you.

5. Write your plan.

Make sure you have your recipe books/apps/whatever you use to keep recipes on hand, your meal planner, your calendar and a pen.

Work through each night and write down your meals. Keep in mind any dietary or budgetary constraints you have, as well as personal preference and maintaining a balanced diet.

Try to include one new meal per week. This helps to broaden your repertoire, increase the variety of foods you and your family are exposed to, and stop you from falling into the trap of eating the same 10 meals over and over again.
At this stage, don’t forget to include sides. (To maximise the veges eaten in our house, almost every meal is accompanied by steamed veges or a simple salad. It only takes another 5 minutes to prepare but is worth the effort.)

6. Add extras.

You’ll notice on the meal planner there is space to include breakfast, lunches, smoothies/juices, baking, snacks and occasions. It’s up to you which of these sections to use, but I’ve included them because I often found I would buy everything necessary for our dinners, but fail to plan for things like baking, juices, healthy snacks or lunches. So as you’re completing the meal plan, take the time to think about your extras and note them down. This has also helped me greatly reduce the amount of processed snacks eaten in our home, which is a huge bonus!

Each of the extras sections can be completed as needed:

- **Snacks** - for work, school or home, note down some options for morning and afternoon tea. (You can find a comprehensive list of snack ideas on page 20.)
- **Baking** - I typically bake once a week to include in lunchboxes or as a treat, and will make a note here of whatever it is we will be cooking.
- **Breakfasts** - if you’re wanting to get out of the routine of cereal or toast for breakfast, add those ideas here. Poached eggs, sauteed veges - these only take 5 minutes extra to prepare but may make a big difference to your day. (Find some easy options on page 21.)
- **Lunches** - if you want to break the habit of sandwiches every day and list any lunches you plan to make here. Again, these can be for school lunch boxes, money-saving work lunches, or to simply have at home.
- **Smoothies/Juices** - I know not everyone has these but I often found myself running out of ingredients as I hadn’t planned well for the smoothies and juices I made during the week. There’s no need to get too specific here, but if there are any ingredients you regularly include in your smoothies or juices, or any recipes you find yourself using all the time, make a note of them here to ensure they are added to your grocery list in Step 7.
- **Occasions** - This section allows for special occasions. Parties, BBQs, a playdate or maybe a birthday cake for school. Anything you need to prepare that is out of the ordinary can go in here, again reminding you to add the ingredients to your shopping list.

7. Write grocery list.

Once you’ve completed your meal plan and all the extras, it’s time to write your comprehensive grocery list.

I’ve created a master shopping list (page 14) which includes some of the most common items already, as well as some staples and back-up meal items. This is a good place to start as it gives you a point of reference to begin, but if you’d prefer to complete your own list, there is a blank option on page 15.

The best way to write your list, ensuring nothing gets left out, is to work through your meal plan methodically.
First add all the recurring basics to your list - these are things you use every day, like bread, milk, butter, cheese, yoghurt, etc. If you’re using the list on page 14 many of these are already completed for you.

Next, work through your plan one meal at a time. This step entails looking at the recipe and adding each ingredient to your list as needed.

**TIP:** For perishable ingredients such as meat, vegetables or dairy, ensure you don’t already have them in the fridge or freezer first.

Once you have completed the list for every meal, work through the extras. Add baking ingredients, snacks, juice/smoothie ingredients, breakfast and lunch needs, as well as any special occasion ingredients to the list.

In addition, I always recommend having ingredients on hand for back-up meals, for those days where you forget to take the fish out of the freezer in time, or when you don’t have time to cook what you had planned. (There is a list of quick, healthy back-up meals starting on page 16 that may help you in a pinch). Add the ingredients for one or two of these back-up meals to your list too. Things like tinned salmon, wraps, frozen vegetables and pasta are always helpful to have on-hand.

Next take a moment to consider the extra food items you may need during the week. These items may not appear in any recipe, but you will definitely notice their absence if they are left off the list. Things like herbs, spices, condiments and beverages fit into this category.

Consider items such as:

- herbs and spices (pepper, salt, cinnamon, cumin)
- dry goods (flour, sugar, bicarb soda)
- beverages (mineral water, tea, coffee, nut milks)
- oils (olive oil, coconut oil)
- sauces (tomato sauce/ketchup, chilli sauce, tabasco)
- condiments (peanut butter, honey)

Once you’ve completed the food sections of your shopping list, it’s time to add the household needs. This includes cleaning products, toiletries, pet needs and paper/plastic goods.

Over time you will get a good idea of how much and how often these items need to be bought, but for now take a moment to physically check the levels of these and add what is needed to your list.

Consider items such as:

- cleaning products (dishwashing liquid, dishwasher powder, white vinegar, laundry detergent, bicarb soda, citric acid, stain remover)
- toiletries (toothpaste, facial cleanser, moisturiser, shampoo, conditioner, body wash, soap, hand soap)
- pet needs (dog food, cat food, kitty litter)
- paper/plastic goods (cling wrap, bin liners, toilet paper, paper towel, baking paper)
8. Go shopping.

The frequency of this depends on how often you meal plan and how often you wish to shop, but it will likely happen once every week or fortnight.

I now do one big grocery shop per month, and 2-3 times a month I will pop in to the shops to buy fruit, vegetables, cheese, milk, yoghurt, meat and other perishables.

If you plan your meals for months at a time, you will probably still need to go shopping every 2 weeks. It’s up to your personal preference and circumstance whether you want to do one big shop and buy all the non-perishables and household goods at one time, then do subsequent smaller shops for fresh items, or if you would prefer to split your list into weekly or fortnightly sections and shop for only what is needed.

When you’re ready to go shopping ensure you take your list and your reusable shopping and produce bags, and make an effort to get everything you need in the one visit.

When you bring your groceries home, take the time (20 minutes maximum) to pack it all away properly and freeze the meat and seafood in correct portions. It’s so much easier to do things like divide minced beef and chicken breast now, rather than trying to split it later.

This also makes preparation much much simpler when it comes to daily meals.

9. Remember to prepare and make life easier.

Each night before bed, briefly check the meal plan for tomorrow and pull out any frozen meat that needs to thaw. Pop it in the fridge and let it defrost overnight.

If you work outside the home or have a busy day ahead, it might even be helpful to do your snacks, lunches and dinner prep the night before. This might include cutting vegetables for dinner, making a salad for lunch (don’t dress your salad the night before though or it will go soggy), cutting fruit and vegetables for smoothies or a juice. While they seem like small tasks, having them done the night before can really help you create a simpler, easier meal time.

10. Tweak the system as needed.

I have created this system to work for me and my family and my personal preferences, so it may not be a perfect fit for you.

The idea in creating this guidebook was to give you a good foundation from which to start meal planning, so once you get a feel for what suits you and what doesn’t you will be better able to tweak the system in your favour.

I’ve included both printable versions and digital versions of my meal planners, both weekly and fortnightly, as well as the shopping list, both blank and partially completed.

At the end of this guide you will also find a list of recipes - healthy, easy family favourites that might help extend your repertoire or get you out of a tight spot on those nights when things just aren’t going right.
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Fortnightly Meal Planner

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BACK-UP MEALS

Even the most organised of us have days where things don’t go as planned. The meat is not taken out of the freezer in time, we left a bag of groceries at the shop, or work has us running late. On those days it’s good to have quick, easy meals to fall back on, before you pick up the phone to call for pizza.

Here are 4 relatively healthy back-up meals that have been given the thumbs up from my family. Try having the ingredients to at least one of these on hand at any given time and feel good knowing you can whip up a meal at the last minute if the need arises.

(Also, some days it's perfectly acceptable to have eggs on toast for dinner. Just sayin’. Don't be afraid of that.)

Salmon and Vegetable Patties

ingredients

1 large can pink salmon - drained
2 eggs
4 tbsp self-raising flour
1 tsp parsley - chopped
1 onion - finely grated
1 carrot - grated
1 potato - grated (prepared just before cooking)
1 cup sweet potato - grated
1 zucchini - grated
coconut oil (for shallow frying)

NOTE:
You can mix up the veges in this recipe - it's a great way to use up whatever is left at the bottom of the crisper!

Frozen peas, fresh corn, kale, sliced Brussels sprouts, baby spinach and broccoli all work well.

make it

1. Place salmon in a bowl, add unbeaten eggs, flour, parsley, onion, carrot, potatoes, zucchini and salt and pepper.
2. Heat enough oil in a large pan to shallow fry patties.
3. Drop mixture into hot oil in tablespoon amounts.
4. Turn once and when golden on both sides, drain on paper towel.
5. Serve with salad, sweet potato fries and egg mayonnaise or lemon wedges.
Green Pasta

ingredients

1-2 cloves crushed garlic
a handful of chopped ham or bacon (optional)
2-3 handfuls sliced mushrooms
1-2 handfuls broccoli cut into florets
1-2 handfuls frozen peas
1-2 handfuls leafy greens (kale, baby spinach)
2-3 tbsp butter
1-ish cup natural yoghurt
pasta of choice

make it

1. Put the water on to boil and prepare vegetables.
2. Heat a little olive oil in a large frying pan.
3. Add the garlic and cook for 1 minute. Add the ham or bacon if using, and cook for a few minutes, until it starts to crisp up.
4. Put the pasta on to cook in lightly salted water.
5. Add the mushrooms to your frying pan and cook for another few minutes, until soft.
6. Add the broccoli and frozen peas. If you’re using a thicker green like kale or silverbeet, add these now too. If it’s a more delicate green like baby spinach, wait until just before serving to add it.
7. Drain the pasta and add to the pan. Mix.
8. Add the butter and mix through. Add half the yoghurt, as well as salt and pepper.
9. Add any remaining greens, combine and serve. Top with a little more yoghurt, salt and pepper.
Vege Quesadillas

ingredients

1 onion - finely chopped
1 clove garlic - crushed
1 large zucchini - grated
1 large carrot - grated
1 sweet potato - grated
1 corn cob - kernels only
1 tin of beans (kidney, black)
tortillas
olive oil
cheese (optional)

to serve: homemade guacamole or natural yoghurt

Note: You can use any or all vegetables in your fridge for this recipe and try leaving the skin on your carrots, sweet potatoes etc. It saves time and much of the fibre and goodness of these veges is in the skin. Just be sure to wash them first.

make it

1. Grate up your veges of choice or whatever remains in the fridge at the time of cooking. We’ve used squash, zucchini, corn, carrot, mushrooms, frozen peas, kale, spinach, potato and sweet potato.
2. Heat some olive oil in a pan and sauté the garlic.
3. Throw in your veges and give them at least 10 minutes on high, stirring occasionally to stop them sticking to the pan.
4. Add your beans and mix for another few minutes, until the mixture is soft and well cooked.
5. Take a tortilla and spread some of the vege mix over half. Sprinkle with grated cheese and fold in half. Repeat for as many as you need.
6. Heat a splash of oil in a frypan. Pop the tortillas in the pan and fry on one side for 2-3 minutes and flip to the other side. Cook for another minute or two.
7. Serve with guacamole and/or natural yoghurt.

Quick guacamole: 1-2 avocados mashed up, 1-2 tomatoes diced up, a squeeze of lemon juice, a glug of olive oil and some salt and pepper. Mix together. Deliciousness in a bowl.
Lentil Chilli

ingredients

1 onion - chopped
1 clove garlic - crushed
1 tsp ground cumin
1 tsp chilli powder (optional)
1 large carrot - grated
1 cup mushrooms - sliced
1 large zucchini - grated
corn cob - kernels only
1-2 handfuls broccoli - roughly chopped
1-2 handfuls cauliflower - roughly chopped
2 cups leafy greens - roughly chopped
tin of beans
1 cup dried red lentils - rinsed
1/2 cup passata
tin crushed tomatoes
1 cup vegetable stock
salt and pepper

To serve: Natural yoghurt, coriander.

Note: This is another of my “use any vegetables in the fridge” recipe, so feel free to change up the vege mix to suit.

make it

1. Sauté the onion and garlic with some olive oil. Cook until onion has softened.
2. Add the cumin and chilli powder and stir for a minute.
3. Add your vegetables and cook for a few minutes, until they begin to soften.
4. Add your rinsed lentils, combining well.
5. Add your passata, tomatoes, stock and beans. Bring to the boil.
6. Cover and simmer on medium heat for at least 30 minutes.
7. Serve with yoghurt and coriander.

Note: This keeps very well and makes a great mid-week leftover meal or a healthy, substantial lunch to take to work.
SNACK IDEAS

We are constantly told about the importance of eating healthy, real foods. And it’s true - doing this has a hugely positive impact on our health. But sometimes it can be difficult to find snacks - particularly kid-friendly snacks - that are both appealing and healthy.

These won’t be to everyone’s liking, but below I’ve included a list of snacks that my kids and I eat frequently during the week.

- Natural corn chips and homemade guacamole (recipe on page 18)
- Vege sticks (carrots, zucchini, cucumber) with peanut butter or hummus
- Sliced apple with peanut butter
- Rice crackers, cheese and fruit
- Natural yogurt with a drizzle of honey
- Rice cakes with:
  - goats cheese and tomato
  - cream cheese
  - peanut butter, mashed banana, honey, chia seeds
- Banana and blueberry smoothie (frozen banana, milk, natural yoghurt, honey, blueberries)
- Popcorn cooked in coconut oil
- Raw nuts (cashews are a favourite for us) with fruit
- These grain-free, sugar-free, dairy-free banana pancakes from Sorta Crunchy (they are much more delicious than you’d guess)
- Baked sweet potato fries
- Hard-boiled eggs
- Healthy choc-banana smoothie (frozen banana, 1 tbsp raw cacao powder, 1/2 cup almond milk, squeeze of honey, 1 tbsp chia seeds - blended)
BREAKFAST IDEAS

Often lauded as the most important meal of the day, breakfast is usually the most hectic too, which means it's often a last-minute grab for toast and a cup of coffee on the way out.

Some days will be like that, but trying to incorporate a healthier breakfast in your day, most days, will have a big positive impact on your day.

Below are some very quick, very easy ideas for breakfast.

• Rolled oats cooked with dried dates. Top with chopped walnuts, pepitas, sunflower seeds, chia seeds, dried cranberries, drizzle of honey.
• Rice cakes topped with peanut butter, mashed banana, drizzle of honey, chia seeds.
• Chopped banana, apple, strawberries, blueberries topped with natural yoghurt, chopped walnuts, pepitas, sunflower seeds, chia seeds and honey.
• Breakfast smoothie: frozen banana, cup of almond milk, 1/2 cup raw oats, drizzle of honey (or 2 medjool dates), 1 tbsp coconut oil, 1-2 tbsp chia seeds, 1-2 cups leafy greens, 1-2 tbsp raw cacao powder
• Microwave poached eggs on sourdough toast

If you have a little more time on your hands, try one of the following:

Quinoa Porridge

Make one batch of this on the weekend and reheat as needed throughout the week.

ingredients

1-2 cups quinoa - rinsed thoroughly
2-4 cups milk - almond milk works well
dates - chopped

To serve:
milk - additional
chia seeds
fresh or dried fruit
pepitas
sunflower seeds
honey

make it

1. Rinse your quinoa under warm water for at least 2 minutes. You want the water to be running clear, to ensure there is no bitterness.
2. Add the quinoa, dates and milk to a saucepan and cook over medium heat until most of the milk has been absorbed. Then turn off the heat, cover and leave for 10 minutes.
3. The quinoa should be fluffy and translucent at this stage. If not, add a little more milk and put it over the heat again for another few minutes.
4. Serve with additional milk and toppings of your choice.
5. Keep in an airtight container in the fridge and reheat as needed throughout the week. You will need to add more milk when reheating though, as the quinoa will have absorbed the liquid.

Sauteed Greens and Mushrooms with Poached Eggs

A note on eggs: We use eggs from our backyard chickens, and the yolk is out of this world. Not everyone is able to access eggs quite so fresh, but I would suggest using the best quality, freshest eggs you can find.

To poach, there are a few methods. The traditional (and delicious) method of poaching in a pan of water is explained here and will provide you with the best tasting eggs. Considering this series of recipes is all about quick and easy, you could also simply use the microwave to poach your eggs. (This is how we do it during the week. The weekends afford a little more time).

ingredients

3 cups soft leafy greens - washed (baby spinach is perfect, or you can try silverbeet, chard, English spinach, kale)
2 cloves garlic - crushed
knob of butter
2 cups firm-fleshed mushrooms - sliced
eggs (free-range/organic if you can)
salt and pepper
hot sauce (optional)

make it

1. Melt the butter in a pan on a hot stove. Add the garlic and sauté for a minute.
2. Add the mushrooms and cook until golden.
3. Meanwhile, poach your eggs.
4. Once the mushrooms begin to soften, add your spinach and stir until it begins to wilt.
5. Plate up the veges, add your eggs to the top and season with a little salt and pepper.
6. Add a dash of chilli sauce.

variations

More Vegetables: Add cauliflower and broccoli to the mushrooms if you want to add more nutrient-rich veges to the mix.
Need Meat?: Add some bacon or smoked salmon.
Vegan: Substitute egg for tofu scramble.
As an analogue girl, I tackle meal planning with my favourite tools - pen and paper. But I understand not everyone is as attached to the old-fashioned ways as me, so I have included links to both the weekly and fortnightly meal planners, as well as the master grocery list and a blank version.

You are able to access and download these and make changes as suits.

Each of the documents is a Google Doc, and if you’re having any trouble simply send an email to brooke@slowyourhome.com and we will help you out.

You can find the documents here:

- Weekly Meal Planner
- Fortnightly Meal Planner
- Master Grocery List
- Blank Grocery List
NOW, GET TO PLANNING!

Once you’ve worked through this guidebook and have a good grasp on the process, try it out for the coming week.

If you have questions or suggestions, be sure to head to the Forums and let us know. Also, if you have any great recipe or snack ideas, we’d love to hear them!