

Weekly Meal Planning



Meal planning doesn't have to be a chore. These simple meal planning tips will help you make the most of your prep time and ingredients.

Step 1: Brainstorm and talk to your family. What would they like to eat?

Step 2: What's currently in season? Buying fresh to get the most nutrients out of your food.

Step 3: Make your menu.

Step 4: Go shopping.

Step 5: Start cooking!!

Chef's tip: What are you making that can be used for something else and what are you throwing away? Always plan to use something more than once and always get the most out of your product. A good example would be saving all of your vegetable scraps for a soup stock and then making a delicious aromatic soup.

