

Meal Management In An Age Of Fast Food

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Who needs a plan? You do!

What is it? It is a ministry to your family and others

Why do it?

Save time – In the market & kitchen

Save money –

Save your sanity –

There are many approaches to meal planning –

- Once a Month Cooking OR Cut this down and be willing to cook fresh too –
Just cook 15 or so meals
- Freezer meal potluck / Supper Club – Cook for each other
- Co-op cuisine – Cooking together with a friend or a group
- Sit down with the market ad on Saturday morning and plan 5-6 meals for the week. Add your staples and be off. It's often best to not plan 7 meals so that you can have leftovers and start with a clean fridge the next week.
- Take an afternoon and plan 6 weeks of meals with grocery lists for each week. Put it all in the computer, and print one off each week. This will save taking time to create a list each week.
- Take advantage of your Crock Pot, Rice Cooker, Instant Pot
Check out "Freezer to Crockpot" meals online

Other Ideas –

- Just cook several chicken, beef, or ham dishes at one time
- Cook & freeze large batches of taco meat, diced chicken, shredded beef . . .
- PLOVERS – Cook extra for the next meal – noodles, veggies, etc.
- Triple batching – Every Saturday
Cook double/triple when you cook and freeze extras

Freezing –

- Use quality FREEZER bags
 - Even meatloaf, soup, quiche and otherwise layered casseroles
- Freezer boxes – not margarine tubs
- Lined casseroles and 9x13's; HEAVY DUTY aluminum foil
- Try garage sales and thrift stores for containers
- Label with cooking directions too
- Stand food on edge once frozen

Breakfasts & Lunches – Plan a 5-7 day routine

For example: Mondays – Scrambled eggs & PBJ's

Tuesdays – Oatmeal and mac-n-cheese

Wednesdays – Pancakes & English muffin pizza

Thursdays – Breakfast burritos & tuna sandwiches

ALSO: Many breakfast or lunch foods freeze well too –

Even scrambled eggs, burritos, sandwiches, pancakes/waffles

Idea: Cook LOTS of bacon ahead and freeze it! You can even do it on a broiler pan in the oven at 375' for 20 minutes. EASY!

OR: Make more than you need each night and have leftovers for lunch

Tackling BULK Cooking – a quick run through

The most important take-away? PLAN

Resources – YOUR FRIENDS!! Ask them what they do!

Freezer cookbooks

** [Big Book of Freezer Cooking](#), by Nanci Slagle

** [How to Cook Everything: The Basics](#), by Mark Bittman

Once a Month Cooking, by Mimi Wilson & Mary Beth Lagerborg

Frozen Assets, by Deborah Taylor-Hough

Dinner's in the Freezer: More Mary and Less Martha, by Jill Bond

Mega Cooking, by Jill Bond

Cooking Ahead, by Mary Carney

Cheapskate in the Kitchen, by Mary Hunt

Make it with Mixes – Check your library

Make a Mix Cookery, by Karine Eliason

More Make a Mix, by Karine Eliason

Make your own Mixes and Prepared Foods, by Ben Howard

The Perfect Mix – Bread, Soup, Dessert, and other Homemade Mixes, by Diane Phillips

Recipes for Making Homemade a Little Easier!, by Jennifer Wood

The Mix it Up Cookbook; 100 Dishes from 18 Basic Recipes, by Kid Friendly

More-with-Less Cookbook, by Doris Longacre

MasterCook Deluxe (9.0, CD-ROM)

www.plantoeat.com

** Available from Heppner's Legacy