

CHANGE ONE MEAL AT A TIME.

BREAKFAST BREAKFAST

Breakfast is a simple thing to change. It can be as easy as swapping from commercial, processed cereals to home-made granola or muesli blends. If you like to eat something different each day, then think of two or three breakfasts to try to begin with. In the second week, you can create flavour variations of your new breakfast recipes.

SNACKS SNACKS

Snacks are low maintenance, yet essential. It is important to have a bunch of snacks stocked in the cupboard or fridge. We always have a few: a couple of sweet ones and some savoury snacks. These could be rotating dip flavours that you have with your homemade seedy crackers and veggie sticks or different homemade baked goods like Pumpkin Bread or Bliss Balls. I advise not having temptations like BBQ chips and chocolate in the house for the first six weeks of change.

LUNCH LUNCH

Make a big batch of salad on a Monday night that will last for the rest of the week. Establish four to eight recipes for lunch and rotate through them. Soups, salads with grains and curries make great long-lasting lunches that can be made easily in bulk.

DINNER DINNER

At this stage you have successfully altered your breakfast, lunch and snacks, now we move on to dinner. Preparing dinner can be demanding on time, ideas and skills. All of these can be diminished with thoughtful planning.

- Bulk cooking
- Meal planning to include recipes by preparation time

MEAL PLANNING TIPS

ONE Spend time each week looking for recipes.

It might seem like a luxury - when do I have time to find recipes? Scroll through Instagram while you eat your breakfast and save those ideas, make a note. Some great Instagram accounts to follow:

- Mettle + Grace ;)
- The Feed Feed
- Food 52
- Joy the Baker
- Spoon Fork Bacon
- Food Minimalist
- Half Baked Harvest
- Recipe tin eats

TWO Create a place to save recipes.

Keep it simple. Stick it in a scrapbook. Save it in a RECIPE folder on your computer.

THREE Talk with friends and family about their favourite dishes and what they have been cooking.

Take inspiration from others. Everyone loves to eat and everyone loves to talk about food.

FOUR Keep a list of your favourite meals.

Eventually you will establish a huge list of recipes that you can effortlessly rotate through.

FIVE Create theme nights.

Meat-free Mondays
Try it new Tuesdays
Bean it up Wednesdays
Thirty Minute Thursdays
Take-away Friday
Seafood Saturday

SIX Choose a shopping day + design a grocery routine.

This will keep you from crashing into poor habits and making excuses for ordering take-away food.

SEVEN Cook + eat seasonally.

This will reduce expenses and provide you with the most flavoursome fresh fruit and vegetables.

EIGHT Plan for leftovers.

Leftovers are the best, just remember to label and date leftover food! I keep masking tape and pen near the spices.