

A bowl of fresh strawberries on a wooden surface. The strawberries are bright red with green leaves, and the bowl is white. The background is a rustic wooden table.

# *Meal Planning Made Simple*

*10 Steps to Simplify Your Life Nutritionally*

*By Courtney Weiss*

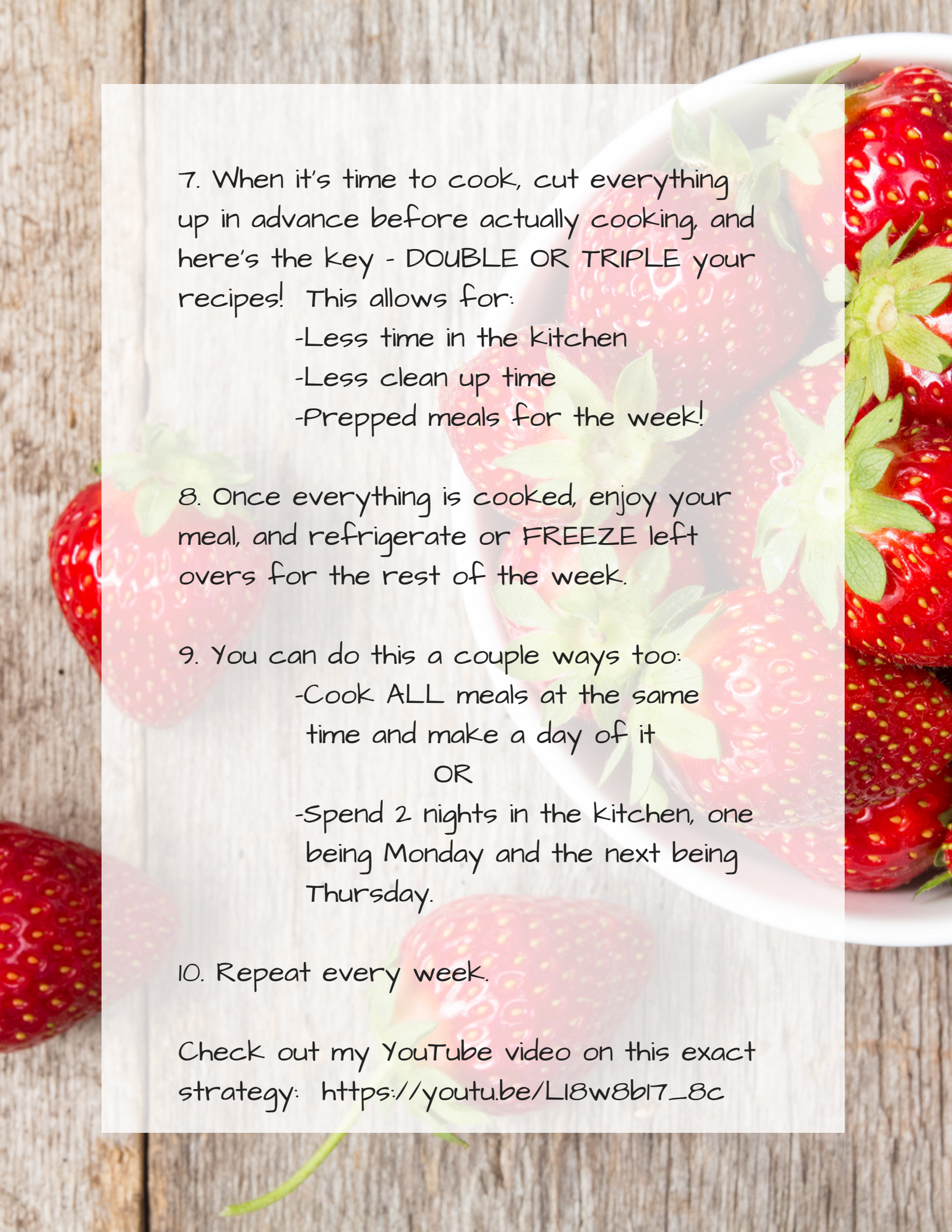
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A bowl of fresh strawberries is shown on a wooden surface. The strawberries are bright red with green leaves, and the bowl is white. The background is a light-colored wood grain.

# 10 Steps to Making Meal Planning Simple

1. Grab your favorite cookbook(s)!!
2. Have paper and pencil ready...
3. Browse all the amazing food.
4. Pick 2 breakfast recipes, 2 lunch recipes, and 2 dinner recipes. (You'll see why!)
5. Write down all the ingredients needed for each meal (Breakfast is pretty easy for us, usually it's just eggs and oatmeal or toast or waffles, so less prep) Lunch is similar. Sandwiches, salads, etc. Dinner is our main prep dish in our house.
6. Go grocery shopping.

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7. When it's time to cook, cut everything up in advance before actually cooking, and here's the key - DOUBLE OR TRIPLE your recipes! This allows for:

- Less time in the kitchen
- Less clean up time
- Prepped meals for the week!

8. Once everything is cooked, enjoy your meal, and refrigerate or FREEZE left overs for the rest of the week.

9. You can do this a couple ways too:

- Cook ALL meals at the same time and make a day of it

OR

- Spend 2 nights in the kitchen, one being Monday and the next being Thursday.

10. Repeat every week.

Check out my YouTube video on this exact strategy: [https://youtube/L18w8b17\\_8c](https://youtube/L18w8b17_8c)