

Meal Management In An Age Of Fast Food

Nancy Bjorkman

Heppner's Legacy Homeschool Resources - www.legacyhomeschool.com
369 Jackson Ave NW – Elk River, MN 55330 763-241-HOME (4663)



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 –

The BIG takeaway? PLAN!

There are many approaches to meal planning –

- 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
- Create a "staples" list to use for shopping

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

PREPARE

- Cook & freeze large batches of taco meat, diced chicken, shredded beef . . .
- Triple batching – Every Saturday
Cook double/triple when you cook and freeze extras

- Just cook several chicken, beef, or ham dishes at one time
- PLOVERS – Cook extra for the next meal – noodles, veggies, etc.
- Marinated meats, pork chops, chicken patties, ham slices, meatballs, bacon . . .
- Make mixes – brownies, spices, hot cocoa, baking mixes
- Freezer meal potluck / Supper Club – Cook for each other
- Co-op cuisine – Cooking together with a friend or a group
- Once a Month Cooking OR Cut this down and be willing to cook fresh too –
Just cook 15 or so meals

Tools - You deserve quality

Crock pot
Instant pot

Knives
Food processor

Tackling BULK Cooking – a quick run through

PRESERVE

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
- Label with cooking directions too
- Stand food on edge once frozen

PRESENT

The most important take-away? PLAN

Resources – YOUR FRIENDS!! Ask them what they do! Check your library and online.

Freezer cookbooks:

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

Big Book of Freezer Cooking – Nanci Slagle

Once a Month Cooking – Mimi Wilson & Mary Beth Lagerborg

Frozen Assets – Deborah Taylor-Hough

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

Mega Cooking – Jill Bond

Cooking Ahead – Mary Carney

Cheapskate in the Kitchen – Mary Hunt

Make it with Mixes:

Make a Mix Cookery – Karine Eliason

Recipes for Making Homemade a Little Easier! – Jennifer Wood

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

More-with-Less Cookbook – Doris Longacre

Other tools:

Online meal planning sites and apps

www.plantoeat.com

** Available from [Heppner's Legacy Homeschool Resources](#)