

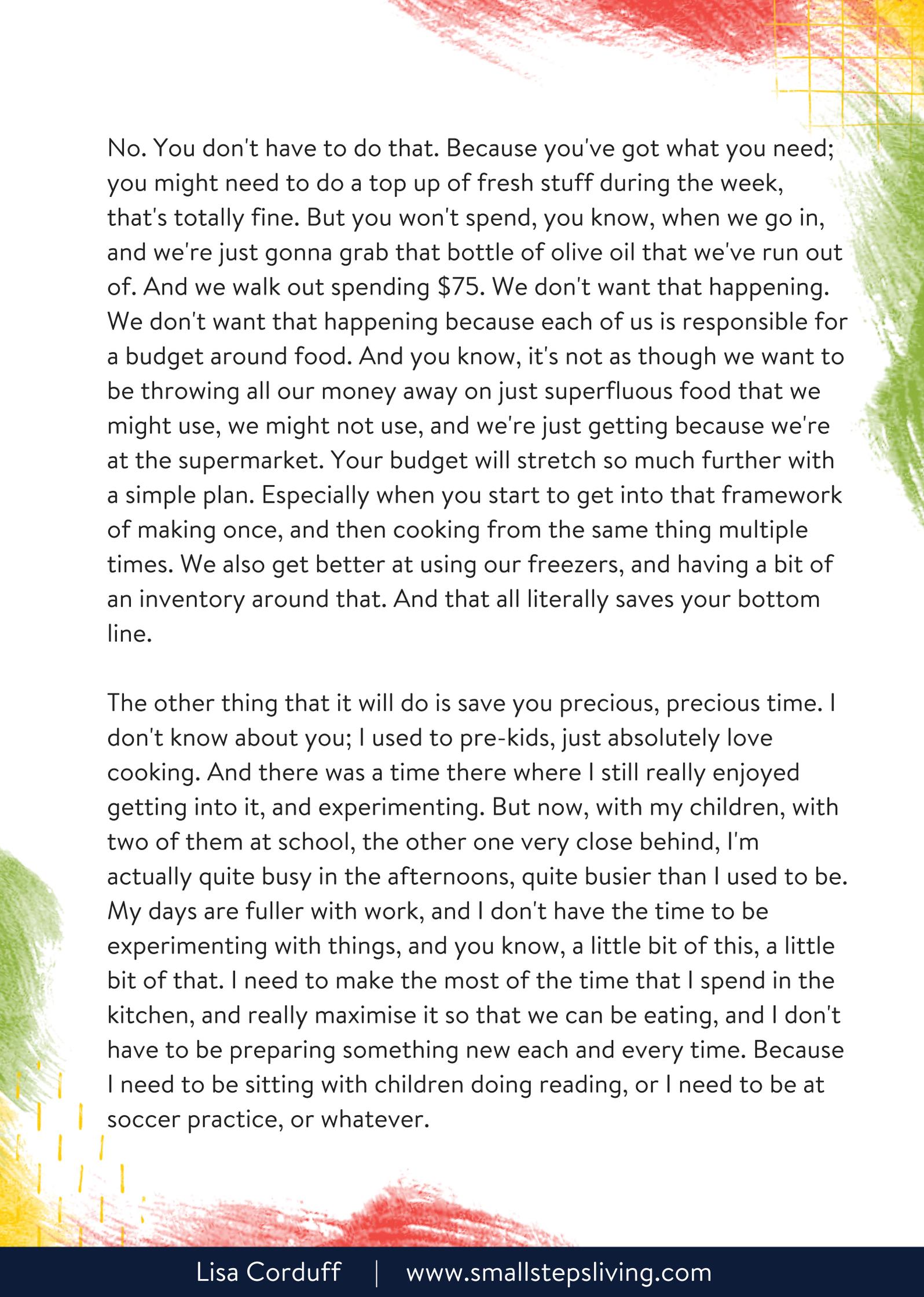
# SMALL STEPS MEAL PLANNING

## VIDEO ONE: WHY

There are so many reasons why we should all be doing a basic meal plan each and every week. Listen, I don't want to add to your to do list, make your life more complicated; I actually want to make it easier. And I want to make your budget stretch further, and I want to free up some time for you.

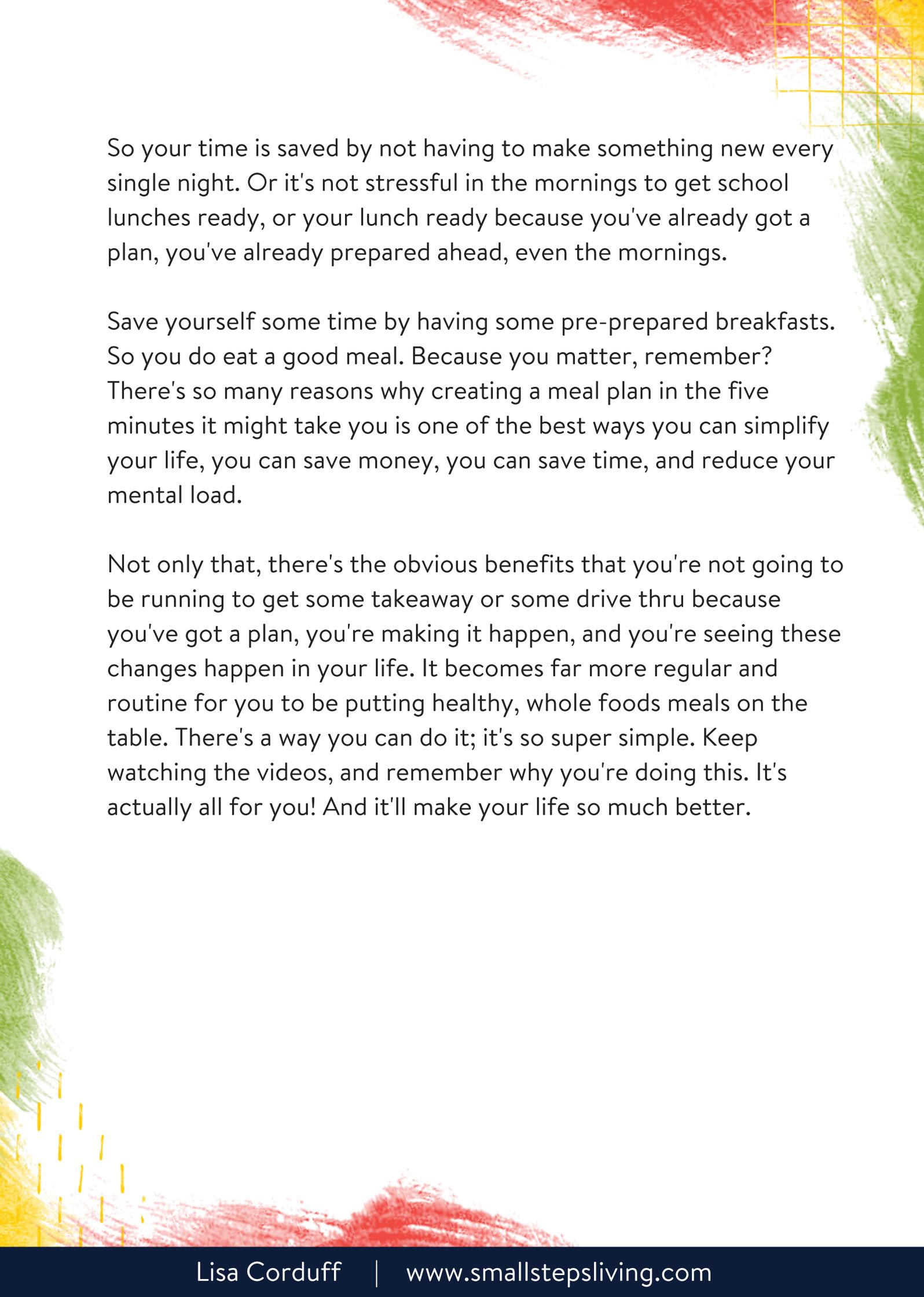
That's why we have created some foundation meal plans in the small steps membership, so that you get in the habit of choosing a hero protein, making a big batch of something, and then being able to use it in more ways than one. When you map out your meals for the week, and it could just be dinners; it doesn't have to be the whole shebang. But even if it's just dinners, or even if it's the whole lot, here's what happens. Your brain can start thinking about more important things. You literally lighten that mental load, and I know that we all need help doing that.

So all you need is five minutes. You can either follow the small steps meal plans, or you can create one of your own. It'll take you five minutes on a Saturday, do your shopping on a Sunday, whatever works for you; and you then don't have to actually think about what's for dinner or what's going to be for lunches for the rest of the week. Can you just imagine the freedom in that? And how amazing it would be to not have to come up with the ideas. Okay? So we're reducing the mental load. Here's what else happens. You don't find yourself going to the shops 16 times a week, because you need to just grab a little something. Or you're not sure what's for dinner, so you're there. And you know, if you've got kids, they're screaming, and you're tired, and everyone's there, and it's all feral and gross at 5pm.



No. You don't have to do that. Because you've got what you need; you might need to do a top up of fresh stuff during the week, that's totally fine. But you won't spend, you know, when we go in, and we're just gonna grab that bottle of olive oil that we've run out of. And we walk out spending \$75. We don't want that happening. We don't want that happening because each of us is responsible for a budget around food. And you know, it's not as though we want to be throwing all our money away on just superfluous food that we might use, we might not use, and we're just getting because we're at the supermarket. Your budget will stretch so much further with a simple plan. Especially when you start to get into that framework of making once, and then cooking from the same thing multiple times. We also get better at using our freezers, and having a bit of an inventory around that. And that all literally saves your bottom line.

The other thing that it will do is save you precious, precious time. I don't know about you; I used to pre-kids, just absolutely love cooking. And there was a time there where I still really enjoyed getting into it, and experimenting. But now, with my children, with two of them at school, the other one very close behind, I'm actually quite busy in the afternoons, quite busier than I used to be. My days are fuller with work, and I don't have the time to be experimenting with things, and you know, a little bit of this, a little bit of that. I need to make the most of the time that I spend in the kitchen, and really maximise it so that we can be eating, and I don't have to be preparing something new each and every time. Because I need to be sitting with children doing reading, or I need to be at soccer practice, or whatever.



So your time is saved by not having to make something new every single night. Or it's not stressful in the mornings to get school lunches ready, or your lunch ready because you've already got a plan, you've already prepared ahead, even the mornings.

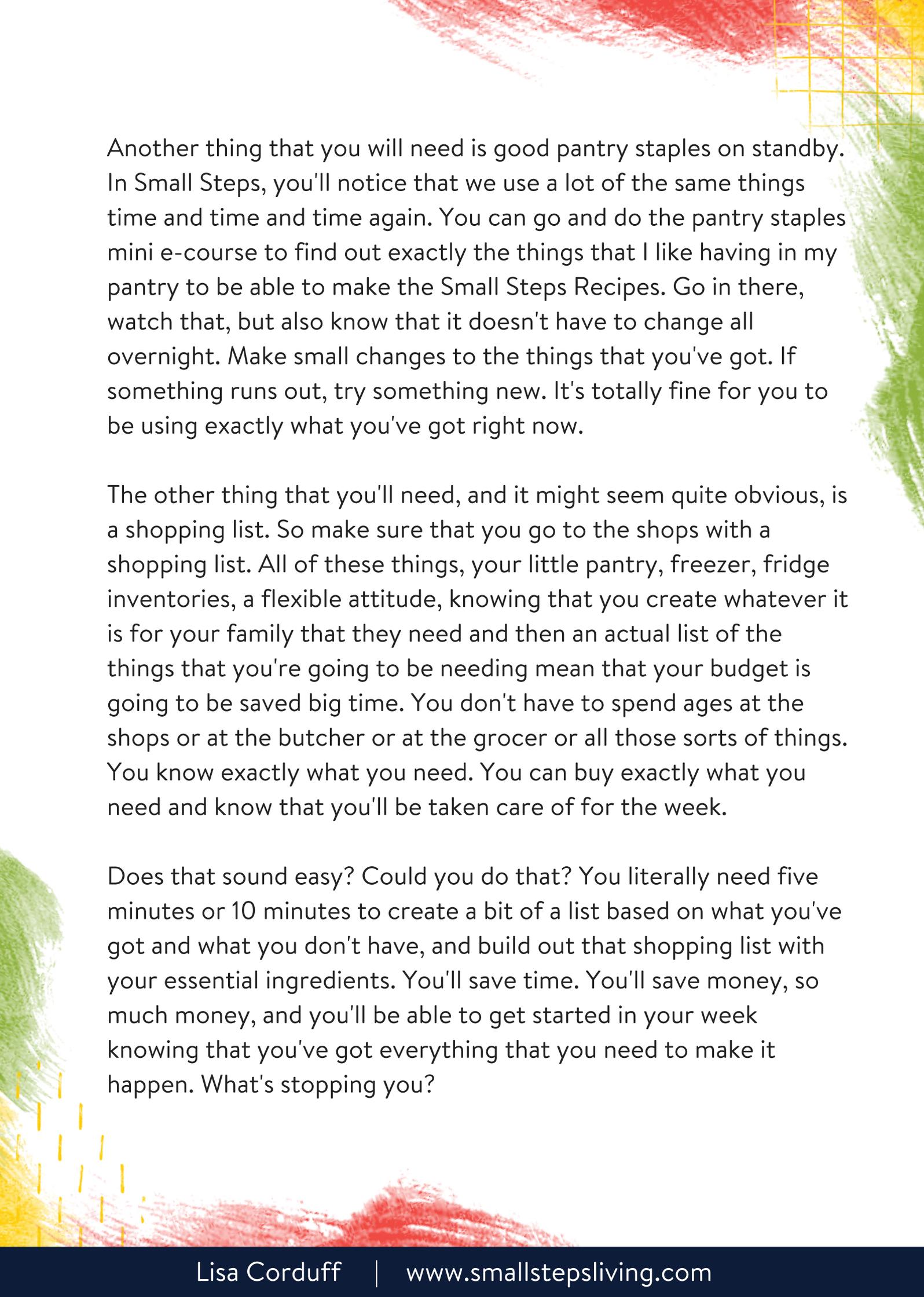
Save yourself some time by having some pre-prepared breakfasts. So you do eat a good meal. Because you matter, remember? There's so many reasons why creating a meal plan in the five minutes it might take you is one of the best ways you can simplify your life, you can save money, you can save time, and reduce your mental load.

Not only that, there's the obvious benefits that you're not going to be running to get some takeaway or some drive thru because you've got a plan, you're making it happen, and you're seeing these changes happen in your life. It becomes far more regular and routine for you to be putting healthy, whole foods meals on the table. There's a way you can do it; it's so super simple. Keep watching the videos, and remember why you're doing this. It's actually all for you! And it'll make your life so much better.

## VIDEO TWO: WHAT

Okay. When it comes to what you will need to create a meal plan that is really easy for you to put in place for your family is a few things that you need. The first one is actually a flexible attitude, oddly enough. Remember that these things don't always go to plan and it's totally okay if you don't stick to things by the book. That's not what we're about here at Small Steps. We're all about taking that consistent Small Steps action towards where you want to be. So it's not about the end game right now. It's about implementing some of this stuff slowly and as you go, as you continue to upgrade the ingredients in your pantry, as you continue to upgrade your choice of meats and animal proteins and dairy and all sorts of things, we're all dealing with such complex families and complex food needs sometimes.

So make sure you remind yourself that you can create something that works perfectly for you and your family. Keep flexible. Plans change. Don't not go out for dinner with your friends on an impromptu night because you have to have your chicken salad. Be flexible, it will help you so much. The other thing that you need is to do a bit of a freezer and fridge inventory. Before I go shopping I always go and look at what's in my freezer, what's in my fridge and what's in my pantry, what can I already use? How can I maybe incorporate some of those things in a weekend meals so that I can get rid of more or that I can build them into that week's meal plan? Use what you've got before you buy new things. I think we've really got to get conscious of our consumption of food because so much goes to waste and I'm putting my hand up. I don't have this completely down pat, but before I shop I always make sure I know what I've got.



Another thing that you will need is good pantry staples on standby. In Small Steps, you'll notice that we use a lot of the same things time and time and time again. You can go and do the pantry staples mini e-course to find out exactly the things that I like having in my pantry to be able to make the Small Steps Recipes. Go in there, watch that, but also know that it doesn't have to change all overnight. Make small changes to the things that you've got. If something runs out, try something new. It's totally fine for you to be using exactly what you've got right now.

The other thing that you'll need, and it might seem quite obvious, is a shopping list. So make sure that you go to the shops with a shopping list. All of these things, your little pantry, freezer, fridge inventories, a flexible attitude, knowing that you create whatever it is for your family that they need and then an actual list of the things that you're going to be needing mean that your budget is going to be saved big time. You don't have to spend ages at the shops or at the butcher or at the grocer or all those sorts of things. You know exactly what you need. You can buy exactly what you need and know that you'll be taken care of for the week.

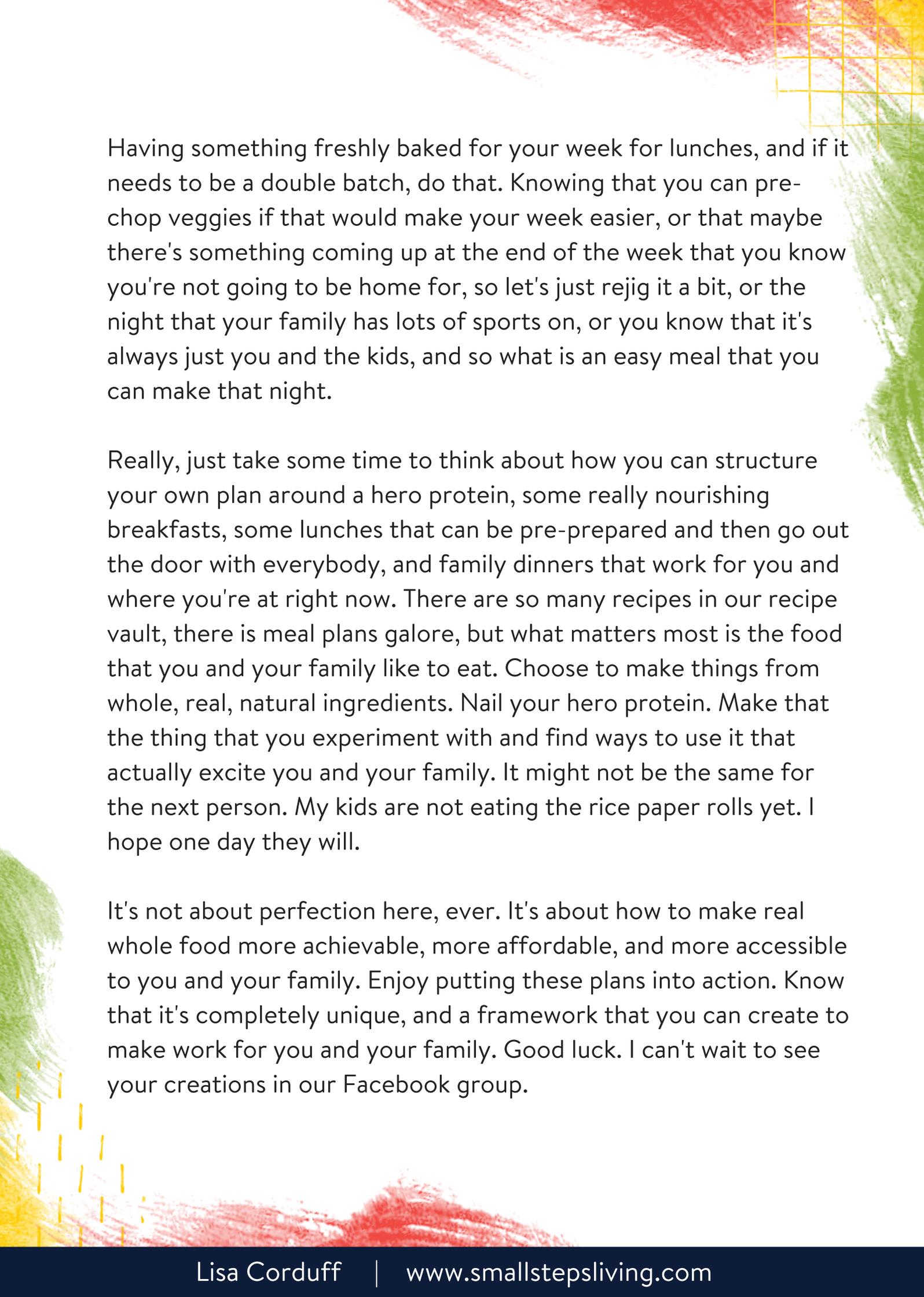
Does that sound easy? Could you do that? You literally need five minutes or 10 minutes to create a bit of a list based on what you've got and what you don't have, and build out that shopping list with your essential ingredients. You'll save time. You'll save money, so much money, and you'll be able to get started in your week knowing that you've got everything that you need to make it happen. What's stopping you?

## VIDEO THREE: HOW

Okay, when it comes to creating a Small Steps meal plan for the week, we're keeping it so, so simple, so here's how you're going to do it. Once you've got everything that you need and you've done your big shop, which we talked about in the previous video, you're going to do some basic preparation on the weekend. Now, this is not your whole Saturday, Sunday blocked out to do cooking. It's not that at all. It's some really, really simple things that you can have on standby so that your week just flows way, way, way quicker.

The basis of this meal plan is your hero protein. So you choose the hero protein that you would like to use, and then we create different meals off the back of it, so you know that you can cook that thing once and then repurpose it in multiple ways. Think about two breakfasts that you might have. You might not want to meal plan your breakfast. You don't have to be reinventing the wheel straight away. Take what it is that you would like to use, maybe one new thing to experiment with each week, and incorporate that, and just try something new in amongst all the regular stuff because I want you to remember, with all of this, it's okay for you to have come to the decision that you want to be incorporating more whole foods, but it might take a while for other people in your family to catch on.

I want you know that it's okay for this process to take time. It's okay for things to be tried and not liked. It's all okay. What matters is you and your family. So what we're building is something that is going to be a system that you can call on; your hero protein, your fresh fruit and vegetables, some other basic staples in your pantry that you know you can pull things out.



Having something freshly baked for your week for lunches, and if it needs to be a double batch, do that. Knowing that you can pre-chop veggies if that would make your week easier, or that maybe there's something coming up at the end of the week that you know you're not going to be home for, so let's just rejig it a bit, or the night that your family has lots of sports on, or you know that it's always just you and the kids, and so what is an easy meal that you can make that night.

Really, just take some time to think about how you can structure your own plan around a hero protein, some really nourishing breakfasts, some lunches that can be pre-prepared and then go out the door with everybody, and family dinners that work for you and where you're at right now. There are so many recipes in our recipe vault, there is meal plans galore, but what matters most is the food that you and your family like to eat. Choose to make things from whole, real, natural ingredients. Nail your hero protein. Make that the thing that you experiment with and find ways to use it that actually excite you and your family. It might not be the same for the next person. My kids are not eating the rice paper rolls yet. I hope one day they will.

It's not about perfection here, ever. It's about how to make real whole food more achievable, more affordable, and more accessible to you and your family. Enjoy putting these plans into action. Know that it's completely unique, and a framework that you can create to make work for you and your family. Good luck. I can't wait to see your creations in our Facebook group.