

# meal planning 101

cook from scratch more easily and more often



## pre-prep when you have time

- ~wash + chop sturdy veggies
- ~wash + spin leafy veggies
- ~combine dry ingredients you will add to a recipe all at once
- ~take advantage of minimally processed fresh produce from the store (salad mixes, etc.)



## batch cook while you pre-prep

- ~soups + sauces
- ~beans + grains
- ~casseroles + stews



## create planovers when you don't have time

Every time you make dinner, think what you could do with extras—extra protein, extra starch, extra veggies, extra sauce—and make more than you need! (see p. 2)



## friend your freezer

Learn what can be frozen (just about anything!) and start using your freezer space wisely as an integral part of your pantry.



## always cook for more than 1 meal

The key to regularly cooking from scratch is to never have to start completely from scratch!







## some ideas to get you started



### leftover cooked vegetables

~toss with pitted kalamata olives, diced tomatoes, feta, vinaigrette

~toss with diced roasted bell peppers, vinaigrette

~use for filling omelets and mixing into frittatas

~use for fritters and savory pancakes

~mix into chopped salads, pasta or grain salads, pilafs or fritters

~make into a gratin

~add to soups

~chop and make into hash



### leftover starches

~add to soups

~grains: combine with diced vegetables (cooked or raw) and vinaigrette or make into fritters

~potatoes: make into potato salad by combining with vinaigrette while still warm; when ready to serve, add diced vegetables (cooked or raw)

~potatoes: chop boiled, roasted or, baked potatoes coarsely, make into hash browns

~pasta: make into pasta salad by rinsing hot pasta in cold water, then tossing with a bit of olive oil; when ready to serve, add diced vegetables (cooked or raw) and vinaigrette.



### leftover proteins

~slice for sandwiches or use on a green salad

~make into protein salad: tuna, salmon, chicken, turkey, ham, eggs, tofu, tempeh.

~slice thinly and add to fried rice or noodle dishes (fried or soupy)

~mix into pasta salads, grain salads, chopped salads



### leftover baked goods

If you like to bake and/or make hot breakfast on the weekends, many of these items freeze beautifully and can be thawed overnight in the refrigerator, then reheated quickly in the morning: banana and zucchini and pumpkin breads, muffins, scones, waffles, pancakes....



want to learn more?

[click here for more details about meal planning made simple™](#)

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