

COOKSMARTS

# MEAL PLANNING TOOLKIT

Tips, tools, and process to get you started



# MEAL PLANNING TOOLKIT

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## INTRODUCTION

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I launched Cook Smarts' meal plan service back in May of 2013, and I feel like a world expert in this area. Honestly, I don't think there is anyone on this planet who has thought more about this topic than our team, and we truly love doing it.

I think meal planning is a process everyone should get in the habit of because we all need to eat multiple times a day. It's odd that something so natural and so vital to human survival can also lead to so much stress, but it does.

Part of it is that everyone is so busy that meal planning isn't always a priority but if you're someone who cares about your health (mental and physical), budget, curbing food waste and its environmental impact or creating a tradition of family meals with your kids (if you have them), then meal planning is key to meeting those goals.

Meal planning, while an incredibly important skill, is one that no one in our lives probably ever truly taught us. I hope to change that with this toolkit. While there is a lot of information in this toolkit, don't get overwhelmed by it. I like to over-deliver but most of it is straightforward, common-sense. I've also included lots of additional resources and recipes to make the process even more approachable.

Take an afternoon to read through all of it and then simply just start. Your first meal plan attempt might not be perfect but I believe that practice makes progress.

So go and get started and experience a more organized, healthier life -- I am cheering for you!

Always your kitchen cheerleader,  
Jess

# MEAL PLANNING TOOLKIT

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Italian Sausage and  
Chard White Bean Soup



Spicy Miso Udon  
Noodle Soup



Spring Tortellini  
with Cream Sauce



Cumin-Spiced  
Beef Kebabs



Caprese Naan  
Pizza



Chicken Sausage  
Penne



Indian Butter  
Chicken



Adult Hamburger  
Helper



Gnocchi with  
Mushrooms and Chard



Cashew Chicken  
with Broccoli



Thai Chicken  
Peanut Noodles



Mexican  
Shakshuka



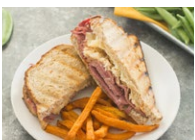
Turkey, Brie, and  
Cranberry Melts



Crunchy Lentil  
Tacos



Skillet Enchiladas  
with Ground Chicken



Reuben  
Sandwiches



Avocado Toast  
with Fried Egg



Slow Cooker Sopa  
Azteca with Chicken



Cajun Mussels with  
Sausage and Zucchini



Cajun Shrimp  
Po' Boy



Creamy Chard and  
Mushroom Stroganoff



Maple-Dijon  
Panko Salmon



Tuna Poke Bowl



Tom Kha Gai Soup



Crunchy Tex Mex Salad  
with Pinto Beans

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Protein Sources



Guide to Protein  
Substitutions



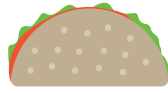
Produce Shelf Life and  
Storage Guide



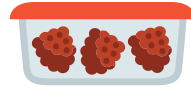
Quick Prep  
Ingredients



Quick Cooking  
Ingredients



Guide to Repurposing  
Leftovers



Guide to Frozen  
Food Storage

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