



4 Simple Steps to Discover Your Perfect Kitchen Workflow

There are 4 things you must do to create your perfect kitchen workflow. I have given you those 4 things below: Meal Prep, Food Prep, Cooking Prep, Mindset Prep. Be prepared and learn to LOVE cooking!!

Before you begin these 4 steps you will need:

- a whiteboard to write your meals on your fridge,
- a notebook for the meals you will eat the following day
- a notepad to write your grocery list on

1) Meal prep

First things first, decide on what day will be your meal prep day. Most people choose sundays. I love Sunday's as it is the end of one week and the beginning of the other. It also helps to get the family involved in thinking about what meals to make. When Sunday rolls around, you begin to realize you have to THINK about the kinds of meals you want to make in the upcoming week.

Weekly Meal Prep Tasks

On your chosen meal prep day:

1. Think about the meals you want to make for the upcoming week.
2. Write out the breakfast, lunch, dinner and snack ideas out onto a whiteboard or in a notebook.
 - a. When thinking of snacks, do mostly fresh and living foods such as fruits and berries. As well as homemade muffins, trail mix, snackbars, protein balls. [Recipes can be found here.](#)
 - b. When writing out a whole dinner for example, ensure your meal contains the following:
 - i. A "Vegetable"- choose at least 2 - of your choice
 - ii. A "Carb"- such as rice, pasta, quinoa, barley, buckwheat
 - iii. A "Fat"- such as coconut oil, olive oil or grass-fed butter
 - iv. a "Protein"- such as lentils, chickpeas, beans, wild fish , farm fresh eggs, pastured chicken

- v. “Nutrient Add-Ons” - such as herbs & spices, hemp hearts, nuts, seeds, chia, flax meal, moringa, spirulina
3. Check in your pantry and fridge for what ingredients you already have.
4. Write out a list of ingredients you do not have but need in order to make your chosen meals / snacks. This will be your grocery list!

In doing these 4 steps you set yourself up to know exactly what to get at the store and what you get will ensure that you have the ingredients you need to make the meals you chose. If you have any questions or want any meal suggestions, ask us in our [Private Facebook Group](#) or search my [whole and healthy kitchen recipes](#) section.

Evening Maintenance

Every night before bed:

- a. Choose the meals you will eat the next day, from the list of meal options on your white board.
- b. Write your breakfast, lunch and dinner on a piece of paper so in the morning you know exactly what you are doing in this kitchen. This keeps you organized, focused, and free of swimming thoughts of what to do or what to make.
- c. OPTIONAL Take out all ingredients (except for fridge stuff) you will need for one or more meals the next day. Such as: put together ingredients for breakfast [chia bowls](#) the night before so it is ready for you in the morning or put ingredients for [muffins](#) out on the counter so you are more likely to make them in the afternoon or after work.

2) Food Prep

Here are a few suggestions when it comes to preparing your food. Choose one, a few or all of the following options to do when you are preparing for your meals for the upcoming week. I often prepare many of these on my meal prep Sunday, or in the slivers of time I find during each day.

1. Precut your vegetables. Try dicing, matchsticking, shredding, peeling
2. Make muffins / snacks ([like these](#))
3. Make hummus ([these ones](#))
4. Make salad dressings ([these ones](#))
5. Wash greens
6. Wash fruit
7. Make big batch of caramelized onions. ([ask me how](#))
8. Pre open (peel off skin) your garlic
9. Make veggie broth / stew ([ask me how](#))

Bi-Weekly Grocery Shopping tasks

Once or twice a week:

1. Follow and stick to your grocery list that you make from the list of meals you want to make this week
2. When you come home from grocery shopping wash your fruit and greens. Use ACV and water to soak your fruits or berries. Wash and rinse your greens, even rip them into small pieces to be ready for making salads.
3. Chop certain vegetables (carrots, cucumbers, cauliflower, broccoli etc) into small sizes for easy use in meals or on the sides.
4. Make any [hummus](#), [salad dressings or sauces](#) you may need for the upcoming week

3) Cooking prep

Get all of your tools and ingredients out onto the counter before you even begin to cook.

1. Big bowl for garbage scraps
2. 2 towels. 1 to wipe hands 1 to wipe counter
3. Cutting board
4. Good peeler
5. 2 knives (one large main knife and one paring knife)
6. Read the recipe all the way through
7. Take out all ingredients onto your counter (I often preheat any ovens or boil water at this point)
8. Wash veggies (if you did not do this on sunday)
9. Prep aromatics (peel & dice garlic, onion, get other spices out etc)
10. Then prep veg (peeling, dicing, slicing and the like)

Have all of this ready

11. Then cook! (add food to pan, in pot, in oven etc)
12. At this point I will finish making my dressings or sauces if I did not premake them, while keeping an eye on my cooking food and returning more often than not to check on it.

It's important to chop your vegetables and herbs before hand, so you are not running around trying to do everything at once. This is a good tip if you are eating more raw food or cooked food. I am wanting you to learn how to start organized, stay organized that is all. You got this!

Now that you're cooking:

1. **Heat it up:** cook thy vegetables- saute, grill, bake, boil, steam
2. **Care for it:** move it around, keep an eye & nose on it, set timers, trust yourself
3. **Add Flavor:** You always want to have "salt, acid, heat, sweet" for a well rounded flavor profile!! spices & herbs, salt, pepper, lemon, apple cider

vinegar, natural sweeteners like raw honey, maple syrup or coconut sugar, amino acids/soya sauce all contribute to the deliciousness. Follow the recipe if you are following one or be spontaneous and go with your gut.

4. **Taste it.** This is the step that perfects the taste of your meals. Try it, if you like it you are good, if it needs something else I often turn to citrus, salt, sweet or spicy to help me boost my flavors. I smell, taste and ask myself what I think it needs, and then I add it. Trust yourself and you will figure it out.

4) Mindset Prep

Before cooking:

1. Set your mind on the reason why you want to cook
2. Be grateful for your ability to nourish and educate in this way
3. Love yourself, Love God, Love your family. Feel full of Spirit
4. Send this love into the food you prep or meals you make

Before eating, put your hands upon your food (or not if you don't want too):

1. Say out loud: Thank You for this food. Thank you for each other. Thank you for all that is. Amen.
2. We love this little song: "Thank you God for the world so sweet. Thank you God for the food we eat. Thank you God for the birds that sing. Thank you God for everything." Amen. :)
3. Or just bring silent appreciation to your meal, to yourself and all involved.

For the family, try table topics:

1. Have everyone go around the table and tell everyone 1 thing they are grateful for that day
2. Have everyone say 1 nice thing that happened to them today (and 1 bad thing, if they want)
3. Have every one give a compliment to the other family members
4. Have everyone smell, taste, look at and be mindful / conscious with every bite as if it was a game who is more mindful.



Questions to Ask Yourself

... so you Remain Consistent (and joyful) with Cooking in the Kitchen

These are the questions you will ask yourself each week, to ensure you stick with Meal Prep each week. You know it will save you time and stress, might as well set yourself up for success. Try it! Do it a few times and you will find your flow and enjoy it!!!

Daily Workflow Question

What meals (breakfast, lunch, dinner, snack) will I be making tomorrow?

Ask this question every evening before bed to set you up for ease in your kitchen. I keep a mini notepad on the counter, and before I turn my lights out, I give a quick 2 minute thought on what I will be making for breakfast, lunch and dinner the next day. I reference my whiteboard with the meals I previously decided on, and I narrow in on the exact meals I want to make for the next day, and write it down. I now do not have to think about it again. I leave that note open on the counter for when I wake up in the morning so I know exactly what I have to do

Weekly Workflow Questions

What meals do I (and my family) want to eat this upcoming week?

For example.:

- Choose 2 to 7 meals for Breakfasts, lunches, dinners, snacks
- I often look into my pantry and fridge and first choose meals based on whats in there, and then get inspired through other recipes. [Check these out.](#)
- No matter what, write your chosen meals down!

What ingredients do I need, in order to make the above meals/snacks?

First look in your pantry / fridge and see what you already have stocked, and then write out the ingredients you need on your grocery list.

Bi- Weekly/ Monthly Workflow Question

What ingredients do I need to stock up our cupboards, freezer and pantry?

You only have to do this step once every few weeks, or once a month. I find having a stocked pantry, cupboards and freezer helps me to focus on my fresh and living foods and easily pair them with what's already in my kitchen.

Going forward when you run out of items in your kitchen, immediately put them on your grocery list hanging on your fridge for your "bulk buying day". Doing this will help you to easily keep your kitchen stocked with healthy food options. I find doing this also helps me to save money in the long run. Double win!!



I will add an emphasis here on the importance of scheduling your kitchen workflow into your days. You want to choose a day, and what time of day, to think about the meals you will make and prepare for the next day or week ahead.

Summary:

- You want to think about what you will be making for the upcoming week,
- You want to write a grocery list based on those meals
- You want to think about what you will be making the next day, the night before.
- Prep your food whenever you can and as often as you can



If you don't have a plan, and leave your food choices to chance, you can almost guarantee your choices will not be as healthy or as wise as they could be.