

MEALS ON ROTATION

COOKBOOK



WHOLE AND HEALTHY KITCHEN

Welcome to your Meals on Rotation Cookbook



We can save ourselves a lot of time by being prepared ahead of time. A great way to be prepared is to have a collection of meals that are tried and tested that you *know* that you and your family love.

When I find a good recipe I often tweak it a bit to suit my family's needs. I write down those changes and then keep the recipe to make again and again! I want you to do the same thing.

I recommend you getting a binder specifically for recipes that you can keep in your kitchen and reference often.

When you have extra time, or feeling extra inspired, try out new recipes and get creative in the kitchen. But for now, choosing a few recipes that are going to be your “meals on rotation” / “staple go-to meals” that are simple and enjoyable for you to eat, is so helpful.

Why is having ‘meals on rotation’ helpful?

1. You become comfortable with these foods and feel you at least have a handful of meals that you are confident cooking for anyone, at any time.
2. It takes the stress out of being in the kitchen because you no longer have to think so hard about the meals you are going to make. You can always choose from this cookbook when it comes to meal time
3. Each time you try a new meal that you love, add it to the list and continue to build this cookbook as time goes on, enabling you to have an ever growing collection of healthy and delicious recipes!
4. You can be mindful of always having the main ingredients for these meals stocked in your kitchen/pantry at all times.
5. You can guarantee health and wellness for you and your family, as you know what’s in the meals you are making.
6. There is also the added ingredient of love and thoughtfulness.

Adding Recipes to your book:

1. I invite you to remember times when you made a delicious meal or ate a really good meal at a friend's house or a restaurant. What was it? Find those recipes. Google search them. Ask someone. You want to find recipes that will excite you to want to eat, and thus make on a consistent basis.
2. Think about a vegetable or protein that you or your family would benefit from having more of. Research recipes with that/those ingredients in mind. Allow your adventurous spirit and open-minded curiosity of what you could be making more of, lead the way.
3. This is also a great activity to get your family or loved ones involved in. Let them choose a meal or two that they want as part of your meals on rotation cookbook. See how you can make a healthier version of what they or you want.
4. What are some of your family favorites already? Add those in the cookbook. Are there any ways you can make it a bit healthier? Write notes to try, and see how it works
5. Share a meal or two that you love below in the comments in the dashboard of this course. You may inspire others and find inspiration too!

I encourage you to take time with this step and really get curious about the kinds of meals you want to be making. This will save you time when doing your Meal Planning and Prepping. Once you have an idea of your top 5-10 meals, write them in your cookbook!

Meals on Rotation Template



1. Download and print out 5 - 10 copies of the template below if you haven't already.
2. Write your officially chosen meals in the templates.
3. Put all the templates together and add them to your cookbook binder and keep them in your kitchen for reference as your own personal "cookbook"!!!
4. Always be adding to this cookbook. When you find a meal you like at a restaurant or at friends or online or one you make...add it here to make and reference every day / week.

Download & Print:
["Meals on Rotation"](#) Recipe Template

(It is also on your Dashboard for Kitchen Alchemy | Whole Foods Lesson 3)