

## **Meal Management In An Age Of Fast Food**

*Nancy Bjorkman*

Heppner's Legacy Homeschool Resources - [www.legacyhomeschool.com](http://www.legacyhomeschool.com)  
369 Jackson Ave NW – Elk River, MN 55330 763-241-HOME (4663)



**Who needs a plan? You do!**

**What is it?** It is a ministry to your family and others

**Why do it?**

**Save time** – In the market & kitchen

**Save money** –

**Save your sanity** –

**There are many approaches to meal planning –**

- Once a Month Cooking OR Cut this down and be willing to cook fresh too –  
Just cook 15 or so meals
- Freezer meal potluck / Supper Club – Cook for each other
- Co-op cuisine – Cooking together with a friend or a group
- Sit down with the market ad on Saturday morning and plan 5-6 meals for the week. Add your staples and be off. It's often best to not plan 7 meals so that you can have leftovers and start with a clean fridge the next week.
- Take an afternoon and plan 6 weeks of meals with grocery lists for each week. Put it all in the computer, and print one off each week. This will save taking time to create a list each week.
- Take advantage of your Crock Pot, Rice Cooker, Instant Pot  
Check out "Freezer to Crockpot" meals online

**Other Ideas –**

- Just cook several chicken, beef, or ham dishes at one time
- Cook & freeze large batches of taco meat, diced chicken, shredded beef . . .
- PLOVERS – Cook extra for the next meal – noodles, veggies, etc.
- Triple batching – Every Saturday  
Cook double/triple when you cook and freeze extras

## Freezing –

- Use quality FREEZER bags  
Even meatloaf, soup, quiche and otherwise layered casseroles
- Freezer boxes – not margarine tubs
- Lined casseroles and 9x13's; HEAVY DUTY aluminum foil
- Try garage sales and thrift stores for containers
- Label with cooking directions too
- Stand food on edge once frozen

## Breakfasts & Lunches – Plan a 5-7 day routine

For example: Mondays – Scrambled eggs & PBJ's  
Tuesdays – Oatmeal and mac-n-cheese  
Wednesdays – Pancakes & English muffin pizza  
Thursdays – Breakfast burritos & tuna sandwiches

ALSO: Many breakfast or lunch foods freeze well too –

Even scrambled eggs, burritos, sandwiches, pancakes/waffles

Idea: Cook LOTS of bacon ahead and freeze it! You can even do it on a broiler pan in the oven at 375° for 20 minutes. EASY!

OR: Make more than you need each night and have leftovers for lunch

## Tools - You deserve quality

Crock pot  
Instant pot

Knives  
Food processor

## Tackling BULK Cooking – a quick run through

## The most important take-away? **PLAN**

**Resources** – YOUR FRIENDS!! Ask them what they do! Check your library.

### Freezer cookbooks:

[How to Cook Everything: The Basics](#)\*\* – Mark Bittman  
Big Book of Freezer Cooking – Nanci Slagle  
Once a Month Cooking – Mimi Wilson & Mary Beth Lagerborg  
Frozen Assets – Deborah Taylor-Hough  
Dinner's in the Freezer: More Mary and Less Martha – Jill Bond  
Mega Cooking – Jill Bond  
Cooking Ahead – Mary Carney  
Cheapskate in the Kitchen – Mary Hunt

### Make it with Mixes:

Make a Mix Cookery – Karine Eliason  
Make your own Mixes and Prepared Foods – Ben Howard  
Recipes for Making Homemade a Little Easier! – Jennifer Wood  
The Mix it Up Cookbook; 100 Dishes from 18 Basic Recipes – by Kid Friendly  
More-with-Less Cookbook – Doris Longacre  
MasterCook Deluxe (9.0, CD-ROM)  
[www.plantoeat.com](http://www.plantoeat.com)

\*\* Available from [Heppner's Legacy Homeschool Resources](#)