



# MASTER Your MEAL PLAN

become a healthy, intuitive cook

FREE Sample  
TEMPLATE  
RECIPES



# Contents

[Why cook without recipes?](#)

[2 steps to cooking without recipes.](#)

[Smooth Veggie Soup Template Recipe.](#)

[Quick Stir Fry Template Recipe.](#)

# WHY COOK WITHOUT RECIPES?

The biggest driver for me was time. Working as a young winemaker I didn't have the luxury of an hour to spend each week picking out recipes, writing my shopping list.

Or much time for shopping.

There were lifestyle influences as well. When I was living in the Barossa Valley my Saturday morning ritual was to head to the farmers markets. I'd grab a coffee and sometimes a bacon and egg roll and stroll around the markets picking up whatever looked good.

This market-led type of food shopping was heaps of fun. But it didn't lend itself to recipe cooking.

So I found myself starting to create what I now called 'template recipes' based on successes I'd had in the past. I then used these 'templates' to branch out and cook on my own.

Cooking without recipes was much more fun and (mostly) just as delicious, if not more so. It also meant I had far less waste because I used what I had.

Another benefit was that I was completely flexible, if we had to stay back late at the winery one night and ended up ordering pizza, it didn't matter. My ingredients wouldn't go to waste and I didn't ever have to feel guilty about not sticking to my plan.

So are you ready to join me in this land of kitchen freedom where you are free to create a meal without recipes any time, any where?

I firmly believe YOU CAN learn to cook without recipes. You just need to take it slowly and follow these simple steps...



# 2-STEPS TO COOKING WITHOUT RECIPES

## STEP 1. START 'TWEAKING'.

If you're already someone who usually makes a few little changes to recipes as you cook, go to the top of the class! You've already mastered step 1 and can move on to step 2.

If you're more of a follow the recipe to a 'T' type of person, don't worry. I've got you covered too.

You may or may not have noticed but at the end of my recipes on my blog, [thestonesoup.com](http://thestonesoup.com) I usually include a list of 'variations'

These are usually ideas for changes if you need to adapt the recipe to suit an allergy or if you're missing a particular ingredient.

The recipe variations are a perfect starting place for you to begin 'tweaking'. And before you think, I can't do that, remember that there's no 'right' or 'wrong' when it comes to cooking. The only way to learn is to get into the kitchen is to try things.

A while ago I had lunch at Noma in Copenhagen which was at the time the 'best restaurant in the world'. As expected, the food was really amazing. Not only tasty but beautiful as well. One of the things I really loved was that there weren't any waiting staff. The chefs brought each dish to the table which was awesome because we could chat and ask questions. One of the chefs told us that the reason he loved working at Noma was because of the philosophy of the owner, Rene Redzepi. He expects his chefs to have failures from time to time because if they don't it means they're playing it too safe. And you don't make new discoveries by playing it safe.

So if its OK for the best restaurant in the world to have kitchen disasters, isn't it OK for you?

# 2-STEPS TO COOKING WITHOUT RECIPES

I challenge you to step up and start trying some of the 'variations' I list at the bottom of each recipe. I especially want you to try the more 'out there' variations. The ones that make you feel a little bit uncomfortable.

Then when you've pushed yourself on the tweaking, it's time for Step 2...

## **STEP 2. BRANCH OUT TO 'TEMPLATE RECIPES'.**

I did this unconsciously myself, but I wish I'd had someone to show me the way. I would have saved myself loads of time and mistakes. Not that mistakes are a bad remember.

Template recipes are the secret to learning to cook on your own. Its all about thinking in more general terms rather than specific ingredients. Armed with a good collection of 'templates' you'll find that you are able to open the fridge and see delicious possibilities.

Let me show you an example and before I forget, I've included a free PDF for you to download under this video. It includes a few of my favourite template recipes so you can try them for yourself.

If this sounds a bit too much, the good news is you don't have to figure it out all on your own. If you join me for 'Master Your Meal Plan' I'll be sharing 71 of my best template recipes and showing you exactly how to put them to use.

Before you know it you'll be one of those people who can just effortlessly 'whip something up'.

Well I know you can!

Over the past few years, I've helped thousands of people learn to cook without recipes. Here's what some of them had to say about it...

### **ANNA, MASTER YOUR MEAL PLAN OWNER.**

*"The biggest change is that I don't follow recipes to the T anymore - I am substituting different ingredients based on what I have on hand - a big change for me. I am wasting far less food. Also I am managing leftovers better again wasting much less."*

### **LARRY, MASTER YOUR MEAL PLAN OWNER.**

*"I feel more confident with creating a meal with what I have on hand with the template recipes."*

### **JOULES, MASTER YOUR MEAL PLAN OWNER.**

*"Before finding this class I was frustrated by recipes. I would go to the store and buy all these ingredients then end up with one thing to eat. I wanted cooking to be as easy as the green shakes I like to make: pick something that makes it creamy (banana, yogurt, etc), pick something to add bulk (apple, peach, cucumber), pick some greens (anything leafy), pick something flavorful (honey, mint, or raspberries, etc...). It's based on stuff I already have, and always ends up good. The template recipes are just like this! Totally makes sense! I'm still not particularly good at cooking, but at least I'm actually trying now. Not having strict recipes makes it more fun."*

### **NICHOLE, MASTER YOUR MEAL PLAN OWNER.**

*"I am able to cook dinners that my family truly enjoys as many nights a week as I need to without repeating the same 5 dishes over and over and without buying a bunch of groceries that ultimately go to waste because our schedule changed."*

### **CHERIE, MASTER YOUR MEAL PLAN OWNER.**

*"I am less scared about starting with ingredients first, rather than a recipe first. I can look into my cupboard or fridge and know that something will evolve from my new found experience."*

And I should have mentioned earlier, another huge benefit of learning to cook without recipes is that you don't have to worry about whether you'll like something or if it will suit your dietary requirements because you're in control. You never have to use ingredients you don't like or can't eat.

Imagine that! Rather than only having a handful of recipes to choose from, you'll be able to make your own version of any of the 71 template recipes included in the upcoming Master Your Meal Plan program.

So you might be thinking, 'This sounds great Jules, but I just don't have the time or money right now to invest in learning a new skill like reversing my meal planning and cooking without recipes.'

And I get where you're coming from, however, imagine what your life would be like if you didn't have to plan?

What if you could just buy your ingredients (or have them delivered) and then decide what to cook as the need arose. How much time would you end up saving if you didn't have to plan your meals and write your shopping lists each week? And how much time would you save if you didn't need any extra trips to the store?

Then multiply that time by the weeks and months and years. It adds up to be quite considerable doesn't it?

Don't you think its worth investing a few hours now to save yourself all that time for every week of rest of your life?

And from a financial perspective, think about how much money you currently spend on eating out and takeout because of meal planning 'fails'. And what about the cost of throwing out wasted ingredients? Just something to think about.

If you enjoyed this free video training and want to go deeper. I would love you to join me for Master Your Meal Plan which is starting soon.

Basically it's a 4 week video based training program that gives you a proven method to free yourself from the constraints of traditional meal planning and learn to cook without recipes.

In other words, you'll discover how you can become a healthy intuitive cook.

In a few days I'll email you a link to another video which will tell you all about the program and if you want you can register on the spot.

So keep an eye out for the next video which will go into much more detail. Until then, if you haven't already done so, please shared these videos with at least 3 of your friends who need help with their meal planning.

And before I go, Imagine what it would be like to be free of the constraints of meal plans and recipes... Imagine the impact on your health. Your waistline. Your energy levels. Now imagine how that would spread out and cause ripples in the other areas of your life. I'd love to know what your vision looks like, why not drop me a comment and let me know. I'm looking forward to hearing what a difference this could make to your life!

Thankyou for watching and here's to you 'reversing' your meal plan and becoming a more healthy intuitive cook!

With love,  
Jules x



smooth *veggie* soup





# 'SMOOTH' VEGGIE SOUP

One of the tricks to a great veggie soup is to resist the urge to use stock or bullion. The key is letting the vegetables speak for themselves. I hate to admit it but I picked up this trick from Gordon Ramsay. I know, people always surprise you.

per person

250g / 1/2lb vegetables (500g / 1lb)

1 1/2 cups water

2-3 tablespoons butter

squeeze lemon juice, optional

1. Pop your kettle on to boil.
2. Chop vegetables into bight sized pieces.
3. Place veg and boiling water in a medium saucepan. Bring to the boil. Cover.
4. Simmer for about 10-15 minutes or until veg are tender. Hard veg like pumpkin, carrots or parsnip will take more like 30-45 minutes depending on how small you chop them.
5. Add butter. Puree with a stick blender until you have a lovely smooth soup.
6. Taste and season with salt, pepper and a generous squeeze of lemon if you think it needs freshening up.

## VARIATIONS

**broccoli soup** - use 1 head broccoli per person and just simmer in the water. Serve straight up OR top with fresh goats cheese.

**cauliflower** - replace the broccoli with frozen peas or finely sliced fresh veg. Snow peas, sugarsnap peas, celery & carrots are all good.

**mushroom** - roast mushies (200C/400F) until brown and soft, about 30 minutes. Simmer as per the recipe.

**other veg** - carrots, peas (frozen or podded), pumpkin, sweet potato, parsnip, .

**zucchini** - use zucchini as the veg. Great with pesto on top.

**tomato & basil** - replace the veg with a can of tomatoes and reduce the water to 3/4 cup per person. Leave in the butter, it softens the acidity of the soup. Serve with a handful of torn basil leaves on top.

**dairy-free** - replace the butter with tahini, coconut milk, avocado or almond meal.

**butter alternatives** - a dollup of pesto, or serve with a drizzle of cream or yoghurt, curry paste, coconut milk, ground almonds, parmesan cheese, goats cheese.



# 'SMOOTH' VEGGIE SOUP..

## VARIATIONS *[continued]*

**herby** - add fresh herbs as you puree or sprinkle on top before serving. Basil, mint, parsley & thyme are all great with veg.

**richer** - add more butter OR add in some cream, sour cream or yoghurt after you've pureed the soup.

**thicker soup** - add a handful of couscous to simmer with the veg.

**higher protein / more substantial** - halve the amount of veg and add 1/2 can lentils or beans. Or used your own home cooked legumes. OR when the soup is pureed, bring back to a simmer then remove from the heat and stir in a lightly whisked egg. Stand for a few minutes for the egg to cook.

**carnivore** - use chicken stock instead of the water and add a handful of shredded cooked chicken meat after pureeing. Bring back to a simmer before serving.

**fiery** - add 1/4 to 1/2 teaspoon dried chilli flakes.

**curry veg soup** - add 1-2 teaspoons curry powder per person to simmer from the beginning.

**dairy-free** - replace the butter with tahini, coconut milk, avocado or almond meal.

**water alternatives** - vegetable or chicken stock. Canned or pureed tomatoes.

## LEFTOVER POTENTIAL?

Brilliant! Will keep in the fridge for a week or so. Warm up in the microwave or in a small saucepan on the stove top. Also freezes well.

## PROBLEM SOLVING GUIDE

**too watery** - next time either use more veg or less water. For now you can simmer for another 10-15 minutes with the lid off to help reduce the soup. OR try stirring in a few tablespoons of almond meal or some canned beans or lentils or cooked couscous to thicken it up.

**too thick** - next time use a smaller saucepan so you get less evaporation. The good news is this is easy to fix - just add more water!

**lumpy** - it's important to wait until the veg are cooked and tender before trying to puree as hard veg will not puree properly. You can keep simmering for another 5-10 minutes and have another go at pureeing. OR just change the name to 'chunky veggie soup'.

**too bland** - season with a little more salt & pepper.

## SERVING SUGGESTIONS

Best served HOT. Bread and butter on the side can be lovely.





quick stir fry

# QUICK STIR FRY

The Chinese sure know a thing or two about quick cooking. If you're new to stir frying, checkout [[How to Stir Fry](#)] on Stonesoup.

per person

*150g-200g (5-6oz) protein, finely sliced*

*1/2-1 tablespoon aromatics*

*250-300g (7-10oz) vegetables, chopped*

*1-3 tablespoons sauce*

*small handful garnish / highlight*

1. Heat a wok on a fierce heat.
2. Add a little oil and stir fry the protein and aromatics until no longer pink. Remove from the heat and place in a clean bowl.
3. Add the vegetables and stir fry until they are wilted or tender – a few minutes for leafy veg like bok choy, 5 minutes or more for crunchy veg like carrots.
4. Return the aromatics and protein to the pan. Add the sauce. Stir fry for another few seconds or until everything is hot. Taste. Season.
5. Remove from the heat. Serve sprinkled with the garnish / highlight.



## VARIATIONS

**protein -minced (ground) meat** - beef, chicken, lamb, turkey, pork, veal, buffalo.

**tender cuts of meat, finely sliced across the grain** - steak, eye fillet of beef (fillet mignon), lamb fillet or backstraps, pork fillet, pork shoulder, chicken breast, chicken thighs.

**veggie protein** - tofu, cashews, almonds, seitan, eggs (cook as an omelette in the base of the wok then slice and stir through at the end), cooked or canned lentils, cooked or canned beans.

**aromatics** - use one or a combo of finely chopped fresh red chilli, garlic and/or ginger. Deseed the chilli if you're sensitive to heat. OR double it if you like it hot!

**fresh veg** - use one or a combo of zucchini, carrots, red capsicum (red bell peppers), bok choy, choy sum, other asian greens, spinach leaves, green beans, snow peas (mange tout), shaved cabbage, broccoli, broccolini, cauliflower, sugar snap peas, fennel, witlof (belgian endive), asparagus.

**cooked veg** - root veg are best pre-cooked - either simmered or roasted in bite sized chunks. Try beets, parsnip, swedes, sweet potato, pumpkin.



# QUICK STIR FRY...

## VARIATIONS *[continued]*

**saucers (asian)** - My go-to stir fry sauce is just soy or tamari (a gluten-free soy). Other times I use oyster sauce, fish sauce, hoisin sauce or sriracha (chilli sauce).

**saucers (non-asian)** - don't feel like your stir fry has to have an asian vibe. Try worcestershire sauce, ketchup, mustard, BBQ sauce or pesto.

**herby garnish / highlight** - try fresh coriander (cilantro), basil, mint, parsley, oregano, chives, green onions or even thyme.

**crunchy garnish / highlight** - nuts especially cashews or almonds, super finely sliced red onion, sesame seeds, sunflower seeds

**other garnish / highlight** - sesame oil, pesto, extra chilli.

**serve**- straight up in little bowls with chopsticks. Or with steamed rice or [raw veg 'rice'] .

**fiery** - serve a side dish of chilli sauce or chilli oil.

**more substantial** - toss in some cooked noodles, lentils, chickpeas or steamed rice. And cook until hot.

## LEFTOVER POTENTIAL?

OK. But best when hot from the wok. Just keep in the fridge for up to a week or two and reheat in the wok or frying pan. You could freeze but it's not going to help the texture.

## PROBLEM SOLVING GUIDE

**tough protein** - it's super important to use a tender cut of meat, or ground meat with stir frying. Cutting the meat as thinly as possible across the 'grain' (or muscle fibres) makes a big difference too. Over cooked meat will be tough and dry so make sure you only cook it for long enough to change the colour. Unfortunately there isn't really anything you can do to 'fix' tough meat. Another cause is if the heat isn't hot enough or if you add too much food to the wok and it 'stews' or simmers rather than being seared. If you find this happening, stop and remove the food from the wok. Start again and cook the food in batches.

**burning** - you're not stirring fast enough! Adding the sauce too early can cause it to burn as well.

**veg too crunchy** - it's important to finely slice your veg so they cook as quickly as possible.

**too bland** - season with more sauce or salt & pepper.

**to dry** - try adding a little more oil or sauce or both.

## SERVING SUGGESTIONS

Best served HOT straight from the wok in bowls with chopsticks.

For my dearest friend, Missy Helgs  
My favourite living example of a non-planner becoming a 'systems queen'  
with love xx

© Jules Clancy 2014

This ebook is copyright. Apart from any fair dealing for the purpose of private study, research, criticism or review, as permitted under the Copyright Act, no part of this ebook may be reproduced by any process without written permission. Enquiries should be addressed to the author.

All rights reserved.