



MASTER Your MEAL PLAN

become a healthy, intuitive cook

FREE video
training
TRANSCRIPTS

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

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Video 1.

MEAL PLANNING MISTAKES

MEAL PLANNING MISTAKES

Are you happy with your current meal planning system?

Is deciding what to cook each week easy for you?

Well to be honest, if you answered yes to either of these questions this training series probably isn't going to be very helpful for you.

On the other hand if you ARE struggling with meal planning or getting dinner on the table night after night is a chore, then you're in the right place!

Get cosy and gather round...

Hi! I'm Jules Clancy, founder of the food blog Stonesoup which is dedicated to making healthy meals easy.

In this free training series I'm going to show you how you can get rid of your meal planning headaches forever. I'm also going to share with you the secret to how you can become a healthy, intuitive cook who just walks into the kitchen and throws something delicious together.

And not only that, I'm going to show you how you can actually become someone who enjoys getting into the kitchen at the end of a long day. Someone who looks forward to cooking dinner as a chance to relax and unwind.

Sound like an impossible dream?

Well, you might just be surprised....

In this first video I'm going to share with you the number one mistake that most people make when it comes to meal planning. The one big thing you may not even know is causing most of your meal planning headaches.

But before we get to that I wanted to share my own meal planning journey.

You see, even though I write cook books for a living and have a food blog with over 64,000 subscribers, I didn't start out being a confident cook. And I certainly wasn't good at meal planning.

I remember when I was getting into cooking, I was in my early 20s working in my first job as a Food Scientist developing new breakfast cereal and snack products for a multinational cereal company. I was living in Sydney and heavily into Australian Gourmet Traveller magazine.

I used to spend hours pouring over the magazine deciding what to make for the coming week and compiling my very lengthy shopping lists. Then I'd head off all over town. To my favourite veggie shop or the farmers market. To my butcher, the deli, sometimes to Chinatown to pick up any hard to find Asian ingredients and of course a stop at the supermarket for staples. It would take me hours.

And while I did enjoy these excursions, they weren't without their frustrations. There would often be one or two ingredients that were sold out or just too obscure for me to find. And since I didn't have a clue about ingredient substitution, I'd have to go to multiple stores trying to find what I was missing.

And then there were the times I'd get home only to realise I had forgotten something on the list and have to dash out again to get it.

It took a lot of time. And that was before I'd even thought about cooking.

It also cost me a lot of money.

Often I'd see something fresh and in season that wasn't on my list, like broad beans in Spring. I'd buy some anyway because I couldn't resist only to let them die a slow death in my refrigerator crisper before being thrown out with a deeply guilty conscience.

I hate to think how much money and ingredients I wasted over the years.

And that wasn't the only source of waste. As a young single gal, my plans were always changing. Dinner invitations would pop up and I wouldn't end up being at home to cook what I'd planned. You get the picture.

Slowly, over the years I got better at 'reigning' in my meal planning. As my cooking confidence grew, I got better at knowing which ingredients I could skip or substitute. My food bills came down and my ingredient waste decreased.

The biggest game changer in my meal planning came at a specific time in my life. I was living in the beautiful Barossa Valley, Australia's equivalent of Napa. As a young wine maker most of my waking hours were spent in the winery. So I no longer had time to devote to planning my meals in advance or much time for cooking.

The highlight of my week was the Saturday morning Barossa farmers market. I'd grab a coffee and a bacon and egg roll. Then I'd wander around tasting this and that, chatting to the farmers and buying whatever took my fancy. I wouldn't have had time to make a list so I'd just buy what looked good. And try not to buy too much.

Then when I got home, I'd figure out what to cook based on my market bounty.

Sometimes I'd consult my cookbooks for ideas. But often I'd just make things up.

It was incredibly liberating. And better yet, I was able to feed myself really delicious healthy meals that took a fraction of the time of my old plan-every-last-bite days.

I came to realise that just as we can all learn to cook with a recipe, we can also learn to cook without them.

And it's easier than you would think, if you have the right guidance. I'll be going into much more detail on how you can become someone who cooks intuitively, without recipes in the following videos.

But now it's time to talk about the biggest mistake most people make when it comes to meal planning...

WHAT IS THE MOST COMMON MEAL PLANNING MISTAKE?

Basically, it's following the traditional meal planning method. You know, deciding what you're going to cook in advance and then building your shopping list around that plan.

Having a set recipe list causes problems for many reasons.

First, it takes a lot of time to plan in advance.

Having a set list means you aren't free to choose what looks best (or cheapest) when you're out shopping.

But the biggest problem is the lack of flexibility to cope with the changes that naturally come up with modern life. It's nearly impossible to predict that Wednesday is going to be the coldest Summers day on record and you'll be craving a comforting bowl of soup, rather than the cool and light salad you had in the meal plan.

No wonder meal plans tend to get broken.

So Just in case I haven't convinced you yet, lets take a deeper look at why traditional meal planing doesn't work...

5 REASONS YOU SHOULDN'T PLAN YOUR MEALS IN ADVANCE

1. IT'S ALMOST IMPOSSIBLE TO PREDICT WHAT YOU'LL FEEL LIKE.

It could be that the weather turns unpredictably cold and you feel like something warming and comforting rather than the light salad you had planned. Or maybe your day ends up dragging on forever and the last thing you feel like when you get home is spending the time required to prepare the meal in your 'plan'.

2. YOUR SCHEDULE AND PLANS ARE PROBABLY GOING TO CHANGE.

Modern life can be unpredictable. It's far more likely that something will come up. Given this variability, isn't it a little bit too much to ask that we plan in advance when we know the plan is probably going to change anyway?

3. PLANNING IN ADVANCE TAKE A LOT OF TIME.

I know, because I used to spend a few hours every week, looking through my cookbooks and writing detailed lists. And then there was the time spent gathering ingredients.

4. IT CAN LEAD TO A LOT OF WASTE.

There are a few components to this. It could be your plans change so you don't get to cook the ingredients you have and they go bad. Then there are the leftover bits of ingredients that were purchased for a specific recipe that are tricky to 'use up'.

5. IT STIFLES CREATIVITY.

Traditional meal planning and shopping with a list limits your ability to choose your produce based on what looks best on the day. It also limits your options of what to cook, rather than having the fun of cooking something based on what you have in the fridge or pantry.

So now we know why traditional meal plans don't work, I know what you're probably thinking...

HOW DO I AVOID THIS MISTAKE?

You just need to learn how to 'reverse' the process.

It may sound a little scary, but in practice it's a really liberating way of approaching meal planning. And it's actually much quicker and easier than traditional meal planning.

I'll be showing you my easy 3-step framework for avoiding meal planning mistake numero uno in the next video. It's all about how you can learn to shop first and then cook based on the ingredients you have in the house.

I know it learning a new skill like reversing your meal planning sounds like it will take a lot of time and energy. But as you have probably experienced in the past, sometimes in life you need to invest a little bit of time to learn a new way of doing things so that in the long run you'll save loads of time.

Think about it. How much time do you currently spend planning your meals and writing your shopping lists each week? And how many times do you need an extra trip to the store because you've forgotten an ingredient or your plans have changed? Then multiply that time by the weeks and months. It adds up to be quite considerable doesn't it.

Then think about what it would be like if you didn't have to plan? If you could just buy your ingredients and then decide what to cook as the need arose.

Don't you think your future self would be super thankful that you took the time now to save yourself all that time every week of rest of your life?

And speaking of the future, what it would be like to be free of the constraints of meal plans and recipes?

How would it impact your time? Your health? Your waistline? Your energy levels?

Imagine what it would be like to come home after a long day at the office and be able to cook dinners that your family truly enjoys without repeating the same 5 dishes over and over and without buying a bunch of groceries that ultimately go to waste because your schedule changed.

Imagine totally changing how you work in the kitchen and your confidence towards cooking!

If you're an experienced cook, imagine avoiding the trap of taking on plans which are too complicated for your schedule and energy levels at the end of a long day.

Imagine being able to listen to what your body needs, rather than what your meal plan says.

Imagine not following recipes to a 'T' anymore – being able to substitute different ingredients based on what you have on hand.

Imagine wasting far less food.

Imagine being able to look into your cupboard or fridge and know that you will be able to pull together a healthy meal.

SOUND TOO GOOD TO BE TRUE?

The thing is this isn't a pipe dream.

In the second part of this training series which I'll be releasing in a few days, I'm going to show you how to turn these dreams into reality. I'm going to give you a clear, 3-step framework to help you stop making the biggest meal planning mistake and reverse your meal plan.

And before I go I'd like to share my vision with you. I want to live in a world where eating healthy, home made food is the norm. Where pretty much everyone considers themselves to be a healthy intuitive cook. Where most people just walk into the kitchen and throw something delicious together. Where cooking dinner is seen as a joy and a privilege not another chore at the end of a stressful day.

If you share this vision, I'd love you to spread the word. Share this free training video with anyone in your family or circle of friends that you think could do with a new approach to meal planning.

And I'd love to hear from you! How would your life change if you were able to reverse YOUR meal plan? Let me know in the comments below this video

I'll see you soon!

With love,
Jules x

Video 2.

3-STEP FRAMEWORK

3 STEP FRAMEWORK FOR 'REVERSING' YOUR MEAL PLAN

Is meal planning something you wish you didn't have to spend time worrying about?

What if I told you there is a better way?

That inflexible, time-consuming meal planning, as you currently know it, could become a thing of your past?

I know it might seem a little 'too good to be true' but bear with me...

Hello I'm Jules Clancy from thestonesoup.com. Welcome back to the second training video in this free series which is all about helping you master your meal plan and become a healthy intuitive cook.

Apart from the times where I need ingredients for a photo shoot for my blog, it's been years since I sat down and actually planned out my meals before writing my shopping list and heading to the store.

So as I shared in the first video, which by the way, if you haven't seen you really should go back and watch and come back to this one...

Still with me?

Great so as I shared in the first video, I used to spend hours every week going through my recipe collections, writing detailed lists and then heading all over town to hunt and gather my ingredients. OK there's wasn't any actual hunting involved but it did take up A LOT of time.

As my life got busier I found that I just didn't have the time to keep planning my meals in advance. Gradually, more out of necessity than anything else I started to reverse the process. Sometimes I'd decide on one or two things to make in the coming week and write a list for them and I'd just pick up what looked best and guess at the amounts for the rest of my meals.

The main reason I changed to a new way of 'planning' was that something would always come up. We'd never actually eat what I'd planned.

Or we wouldn't 'feel like' eating what I'd planned. For example, it would be unseasonably hot and the hearty slow-cooked lamb shanks I had planned just weren't appetizing.

Usually at the end of each week, I'd feel guilty about turfing the veggies that had gone bad in the fridge. Not a great result.

So over the years, I gave up on meal planning and found a much simpler, quicker, more flexible way...

SO HOW DO I PLAN MY MEALS NOW?

The short answer is... I DON'T.

Each week, I head to the markets or the grocery store and buy what we need. I do have a list of pantry items, but apart from that, I just decide what to buy when I get to the shops.

Then I decide what to cook on a day-by-day basis, based on what I have on hand and what we feel like.

Seriously, it's about as stress-free as meal planning gets. And it takes hardly any time. And I have hardly any waste.

SOUND LIKE SOMETHING YOU'D LIKE TO TRY?

In this video I'm going to share with you my 3 step framework for reversing the meal planning process and over coming the biggest meal planning mistake.

One thing I really want to stress is that this isn't just another meal planning 'tool' or some software to make traditional meal planning a little bit easier, it's a completely different, I like to think 'revolutionary' approach to getting healthy meals on the table.

I also want to make it clear that it's definitely not a 'done-for-you' solution.

To be honest, if you are someone who would prefer to 'outsource' meal planning and have someone else just tell you what to cook each week and give you a shopping list to follow, this probably isn't the right approach for you.

However if a 'done-for-you' system is something that interests you, or if 'not having to think' sounds more your style, I recommend having a look at 'Soupstones', which is a separate meal planning service that I offer. You're welcome to check out Soupstones meal plans, just follow the link for 'Soupstones' under this video to find out more.

If, however, you ARE someone who hates to be told what to do OR if you're interested in becoming a more healthy intuitive cook, then you're totally in the right place.

In a few moments I'll share my 3 step 'framework' that will help you make the transition to being free of traditional meal planning.

Now if you're thinking 'this all sounds very nice' but I'm not sure it will work for me, I have good news!

And the good news is, it's not as difficult as you'd think. I've helped thousands of people learn to 'reverse' their meal plan and discover a more liberating, satisfying and much less labour intensive way to get food on the table.

Here's what a two of my students have said about how their lives have changed...

NICOLE, MASTER YOUR MEAL PLAN OWNER

"By far the most life changing class of yours I have done. Has totally changed how I work in the kitchen & my confidence towards cooking! Has freed me from my laborious meal planning on a Sunday. An unexpected result was it's made me more intuitive towards food & in turn made me listen to what my body needs, rather than what my meal plan said."

CLARA, MASTER YOUR MEAL PLAN OWNER

"I already was a pretty experienced and independent cook before, but I tended to fail at the everyday, ordinary meals. I overplanned, which consumed horrible amount of time, and resulted in weekly menus, which were too complicated for my schedule and amount of work. I was too tired to cook according to plan, even when I did follow it, I usually ended up with many leftovers and ingredients that I didn't use up."

And if you're still not sure whether you could do this, here's something to think about...

I've recently become a little obsessed with Frances Mayes and her wonderful books on living in Tuscany. So I've been re-reading, well actually I've been listening to the audio book version of Everyday in Tuscany when I go for my daily walk with my baby son Fergal.

I love looking over Mayes' shoulder as she shares what daily life is like in country Italy.

The other day, she was talking about when she first bought her house in Tuscany, and how she moved her favourite Italian cook books such as Marcella Harzan from San Francisco to Italy.

And then she said something that surprised me. Over her 20 years of living in Italy, she realised that none of her Italian friends use cookbooks. Apart from the occasional fancy dessert recipe for a special occasion, they pretty much always just cook from the heart.

They go to the market or the 'fruits et légumes' and buy what looks good, they have their pantries well stocked so they are able to get wonderful meals on the table without planning it all out in advance.

Sounds like a much better way to live, doesn't it?

And the beauty is, you can learn to plan and cook that way too! All you need is to follow my 3 simple steps...

3 STEPS TO SIMPLIFYING YOUR MEAL PLANNING

STEP 1. STOP PLANNING IN ADVANCE.

Of course the first place to start is to stop wasting your time and energy. It's all about 'reversing' the meal planning process. Instead of deciding what to cook first and then buying ingredients we need to get you shopping first and THEN deciding what to cook.

If this seems a bit to scary, you can take baby steps. Instead of planning every single meal, or whatever you're doing, leave a few nights free and see what happens.

STEP 2. LEARN TO SHOP FOR WHAT YOU NEED.

You probably already have an idea of what you need each week for breakfasts and don't plan them out in detail. So it's time to extend this to dinners and lunches as well.

It may take a little bit of time to get used to this. And if it seems a bit too daunting, I have a solution...

As part of the Master Your Meal Plan online program, I'll show you my '2-Minute Planning Formula' which will help you calculate exactly how much food to buy.

This will not only save you loads of time creating your detailed plan, it will make shopping more fun(!)

You won't be following a strict list, you'll be free to choose the seasonal produce that looks the most appealing on the day. And of course, it will allow you to make the most of any 'special' discounts on the spot.

Imagine yourself being able to enjoy your trip to the market, just like an Italian house wife.

3 STEPS TO SIMPLIFYING YOUR MEAL PLANNING

STEP 3. STOP COOKING FROM RECIPES.

One of the keys to getting my new meal planning 'system' to work is to break-free from traditional recipes.

Now before you start thinking 'there's NO WAY I could cook without a recipe', you don't have to turn into a master chef overnight... It's not as crazy as it sounds.

The way I taught myself to 'cook without recipes' was to start thinking of recipes in general terms instead of specific ingredients.

I started by coming up with 'template' or blueprint recipes I could adapt depending on the ingredients I had or what I felt like cooking. It's kinda like having 'training wheels' for cooking on your own.

When I want to make a quick stir fry, for example, instead of coming up with a recipe from scratch, I think back to my 'template' and go from there.

In the next video which will be released in a few days, we'll go much deeper into exactly how you can stop cooking from recipes, so don't worry if it seems like something you'd never be able to master.

Before I go, I want to live in a world where eating healthy, home made food is the norm. Just like in Tuscany. Where pretty much everyone considers themselves to be a healthy intuitive cook. Where most people just buy ingredients and cook them, without being chained to inflexible recipes. Where cooking dinner is seen as a joy and a privilege, a chance to relax and unwind not another chore to face when you're tired at the end of a stressful day.

If you share this vision I'd love you to spread the word. Share this free training video with anyone in your family or circle of friends that you think could do with a new approach to meal planning.

And I'd love to hear from you! How would your life change if you were able to reverse YOUR meal plan? Let me know in the comments below this video I'll see you soon!

* Video 3.

THE SECRET TO
COOKING
WITHOUT RECIPES

Hi there! I'm Jules Clancy from thestonesoup.com and welcome back to the third part of our free video training series all about how you can revolutionise your meal planning and become a healthy, intuitive cook.

In the first video I shared the biggest mistake that most people make when it comes to meal planning and how to avoid it. In video 2 we went into detail on a 3 step framework for 'reversing' your meal planning process. So if you haven't seen these I really encourage you to pause this video and go back and get up to speed.

In this third video I'm going to share the simple secret to cooking without recipes. And how everyone can learn this liberating skill.

But before we get to that, I have a little confession...

Here's the thing, I haven't always been a confident cook.

Even though I now have a successful food blog that has over 64,000 email subscribers and have written 4 eCookbooks and have 2 print books published, I didn't start out being an intuitive cook. Or even a good cook.

I definitely wasn't like Jamie Oliver, cooking in his parents pub at the grand old age of 8.

I grew up on a sheep farm and my Mum was an amazing cook. And while she did teach me to make a few favourites, like spaghetti bolognese or spag bol as we called it, I was more interested in learning to make cheesecakes and pavlova.

So it wasn't until I was at university, studying food science and living in a share house that I even thought about cooking for myself.

For pretty much all of my 20s I was a recipe follower. Not to the letter, mind you, I'd always make a few little 'tweaks'. But unless I was making a sandwich, I pretty much consulted a recipe before I cooked anything.

I even remember creating my own website in 1999 so I could access my favourite recipes while I was working in a winery in California without having to cart my hefty folder of favourite recipes to the other side of the world.

Before we go any further there's nothing wrong with following recipes. I firmly believe that it was following recipes that taught me to cook way more than anything I learned while studying for my food science degree. And as much as I hate to admit it, following recipes taught me more about cooking than my own mother did.

But over time it was a combination of things that led me to start cooking on my own. Cooking from the heart.

These days I hardly ever use recipes. I have too many ideas of my own that I'm keen to try out each time I step into the kitchen. It's part of what makes cooking fun for me.

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 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

ABOUT THE AUTHOR



The author of this e-cookbook is Jules Clancy.

I'm a qualified Food Scientist, and the creator of the simple food blog [Stonesoup](#) and the Stonesoup Virtual Cookery School.

I've been writing my blog since 2005 because I believe that the ability to cook simple, healthy, delicious food is a basic skill, like reading, that everyone should and can have.

When I'm not cooking, writing about food or taking photographs [of food], I can be found indulging my passions for long boozy lunches, travel, running, cookbooks, growing my own veggies, cheese, red shoes and Irishmen [OK one Irishman in particular].

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