

MAXIMISING FLEXIBILITY



MY PLAN FOR ADAPTING TO CHANGE

MY MOST COMMON SCHEDULE DISRUPTIONS ARE...

Remember my examples from this module. My 2 most common disruptions are my Irishman having to travel for work OR having guests for dinner at the last minute.

1.

2.

3.

MY BACKUP PLANS FOR EACH DISRUPTION ARE...

For example my backup plan for my Irishman travelling is to choose some longer shelf live vegetables and protein each week. And my backup plan for last minute guests is to go to the supermarket or butcher to buy any extra food needed.

1.

2.

3.

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SPRING CLEAN YOUR PANTRY

I'm not a 'clean freak' by any stretch of the imagination. But having a clean pantry is one of those little bits of domestic 'bliss' that makes me feel like everything is right with the world.

It can seem like a massive job but it doesn't necessarily need to be.

Sometimes I take on the whole pantry at once, but mostly I just clean **one shelf at a time**. It's up to you to choose how much you take on and when.

PANTRY SPRING CLEAN STEP-BY-STEP

Step 1.

Remove everything from the shelf.

Step 2.

Throw out anything that smells funny, is well past the 'best before' date, you have no idea what you'd use it in OR anything you don't really like.

Step 3.

Wipe down the shelf.

Step 4.

Put the 'keepers' back in some sort of order.

I try and keep 'like' items together so I have the bottles together with things like vinegars and sauces and oils, spices live in my 'spice box', the canned goods live together and so on.

And don't forget to download the Module 3 Resource, Your Pantry Checklist for tips on how to stock your pantry...