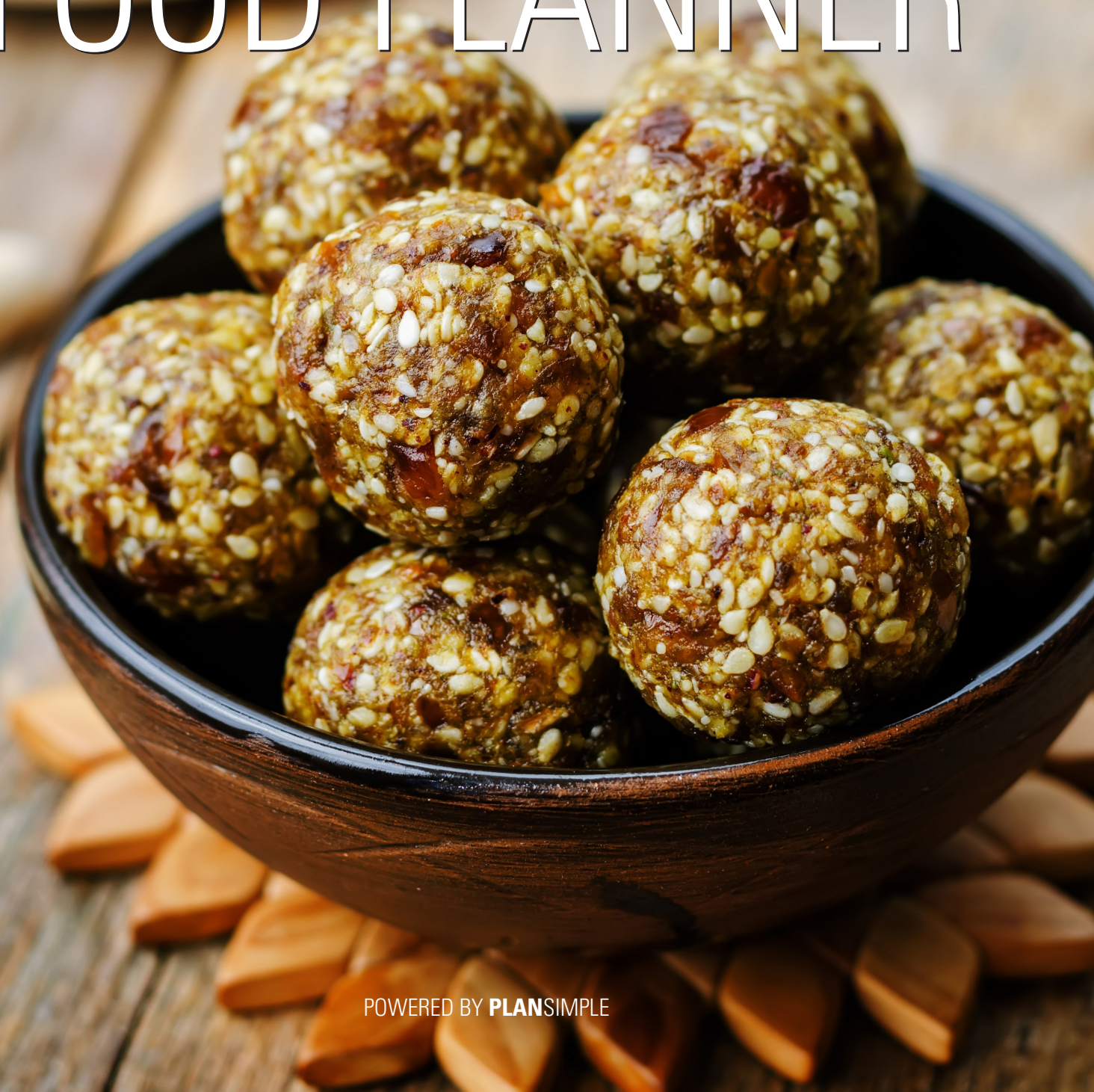


HOLIDAY WEEK FOOD PLANNER



POWERED BY **PLANSIMPLE**

For you...

There was a year, not too long ago, that I had it all together on December 25. Everyone had a simple gift under the tree they really wanted, the fireplace had a few Christmasy plants, the stockings were hung and thoughtfully filled, a yummy Christmas lunch awaited us.

This particular year was also the year I started my New Year planning ritual, so there was a lot of mama self care weaved into the week.

The hitch... I forgot about breakfast on Christmas morning. I forgot that kids might want dinner after lunch. The 26th was a food black whole. I had only thought about lunch and the markets were closed.

Thank goodness I have an innovative, foodie husband and a well-filled pantry which made the actual day fine. But the days after Christmas were more of a scramble than I wanted. They pulled me right out of the magic I had worked hard to create. So the next year, I made a plan. And now I make sure I know what is going down on these days.

I write down when someone else will feed us. I mark when I need to pull things out of the freezer. I know where everything will come from and when and how it will feed us. Mapping this out is like a big hug, and the best present I give myself.

It keeps me relaxed, present and in the flow... Hope it helps you too.

Remember, this is not about all the things you have to cook. You may choose to cook, but the magic is in making choices about what you and your family will eat in advance, so holiday food does not add any stress.

Yours,



HOLIDAY

HOLIDAY YOUR CELEBRATING:

HOW DO YOU WANT TO FEEL?

WHAT WILL YOU DO?

WHAT IS ONE THING YOU CAN CHANGE ABOUT YOUR DAY TO GET YOU CLOSER TO HOW YOU WANT TO FEEL? (IT MAY BE AS SIMPLE AS A SHIFT IN YOUR PERSPECTIVE)

WHAT CAN YOU DO TO GET OUTSIDE WITH YOUR FAMILY DURING THE DAY?

WHO CAN YOU SHARE THIS WITH, SO YOU FEEL SUPPORTED?

IDEAS LIST

WHAT ARE ALL THE POSSIBLE FOOD IDEAS YOU HAVE LEADING UP TO THE HOLIDAY AND COMING OUT OF IT?

TIP: Don't think about recipes, stick with what you know right now. If you only know you want a protein and two side dishes, write that (each in there own space. If you know you want to make your grandmother's pumpkin pie, write that. Then figure out your next step. Once you have the food worked out put it into time on the following pages.

FOOD IDEA	STEP 1	STEP 2	STEP 3

WEDNESDAY 11.24

BREAKFAST

INGREDIENTS

PREP AHEAD OF TIME
(NOTE DATE YOU WILL PREP)

☐☐☐

LUNCH

☐☐

MOVE FOOD FORWARD

☐

DINNER

☐☐

TO-DO BEFORE BED

SNACK

☐☐☐

WHAT DO I NEED TO LET GO OF BEFORE THANKSGIVING?

LESSONS LEARNED

THURSDAY 11.25

BREAKFAST

INGREDIENTS

PREP AHEAD OF TIME
(NOTE DATE YOU WILL PREP)

- ☐
- ☐
- ☐
- ☐
- ☐

LUNCH

MOVE FOOD FORWARD

- ☐
- ☐
- ☐

DINNER

TO-DO BEFORE BED

- ☐
- ☐
- ☐

SNACK

WHAT AM I GRATEFUL FOR TODAY?

LESSONS LEARNED

FRIDAY 11.26

BREAKFAST

INGREDIENTS

PREP AHEAD OF TIME
(NOTE DATE YOU WILL PREP)

- ☐
- ☐
- ☐
- ☐
- ☐

LUNCH

MOVE FOOD FORWARD

- ☐
- ☐
- ☐

DINNER

TO-DO BEFORE BED

- ☐
- ☐
- ☐

SNACK

HOW CAN I NOURISH MYSELF TODAY?

LESSONS LEARNED

MEAL PLAN

DATE:

BREAKFAST

INGREDIENTS

PREP AHEAD OF TIME
(NOTE DATE YOU WILL PREP)

☐☐☐

LUNCH

☐☐

MOVE FOOD FORWARD

DINNER

☐☐☐

TO-DO BEFORE BED

SNACK

☐☐☐

TODAY I WILL SIMPLIFY BY.....

LESSONS LEARNED