



Menu Magic Challenge © 2019 Sojo Academy. All Rights Reserved.

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Menu Magic Challenge

7-DAY BIBLE READING PLAN

Day One Luke 14:28

Day Two Proverbs 15:22

Day Three Psalm 145:15

Day Four John 6:27

Day Five Matthew 4:4

Day Six 1 Corinthians 10:31

BONUS Matthew 6:25

MENU MAGIC

Introduction:

It is said that the kitchen is the heart of the home, but honestly, mine is often not very healthy. And, in fact, it is frequently downright scary.

Whether you are feeding a family of twelve or it's just you, we all need to eat. Everyday. And when we ignore the discipline of planning our menus and meals, we are not being good stewards of the gifts we have been given.

Let me mention just a few things about **POOR meal planning and preparation.**

1. It is a common cause of stress in the home, especially for the one who is primarily responsible for it. I'm usually talking to you, mama.
2. It can be a huge waste of money. Hello, fast food.
3. It can lead to poor eating choices. Hello again, fast food, LOL.
4. It prevents us from practicing hospitality. Ouch.
5. It robs us of family bonding time. Don't discount the conversations you "force" your family into around the table... they are golden.
6. It can produce major guilt at times. Mainly because of the points mentioned above.
7. It can ultimately limit the time we spend with our families and with God. And here we have the crux of the matter.

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The Bible teaches us that “whether you eat or drink or whatever you do, do it for the glory of God” (1 Corinthians 10:31). The context of this passage is referring to the fact that our liberty should not supersede our love for others and our witness (read the whole chapter if you want the #goodstuff), but the point is still applicable here. When our goal is to glorify God in **whatever we do**, we are pleasing to him. And this obedience is actually used by God to draw others to Him.

Wait, my meal planning can reflect Christ?

Yes. Yes it can. You are teaching your children to be efficient and healthy and financially responsible. You are teaching your family that you love and care for them enough to plan for their well being in this way. You are reminding yourself that you are a daughter of the King and your body is worth caring for. And you are prioritizing God in your home by avoiding some of the above-mentioned stress and heartache.

During this challenge we are going to break this process down and plan our meals for the next week or the next month... it's up to you!

This comes naturally to some of you, but for those of you like me who get easily frustrated with meal planning, there are no excuses. Let's do this!

MENU MAGIC

Step 1: - Choose Recipes

Ok, this seems rather simple. And yet, it can take a lot of time we don't have!
#pinterestrabbithole

Let's start with some prep work:

1. Create a master list of 10-20 recipes that you already make and that your family likes. Ask them their favorites and throw them on this list.

Consult your cookbooks or favorite online apps if needed but try not to get sucked into Pinterest!

2. Take an brief inventory of your pantry and fridge, especially noting things that are close to their expiration dates... and throw away those spices from 2014. #youknowwho-you-are

The rest is maintenance and we are going to do these steps quickly... in no more than 30 minutes. WHAT! Yes, set a timer. Go.

3. With your pantry inventory in mind (or in hand), choose at least 3-5 main recipes for a week. I'm going to plan out 4 weeks worth of meals knowing things could change. TIP: It's ok to try new things, but don't add more than one NEW recipe a week. Stick to your master list for the most part.

4. Don't forget breakfast and lunch.

5. For each main recipe you have chosen, write down anything you want to go with it. KEEP THIS SIMPLE. For example, if Chili is on your list, you may want to add chips or crackers and a salad.

Master

NAME: _____

INGREDIENTS:

INSTRUCTIONS: _____

NAME: _____

INGREDIENTS:

INSTRUCTIONS: _____

Recipe List

NAME: _____

INGREDIENTS:

INSTRUCTIONS: _____

NAME: _____

INGREDIENTS:

INSTRUCTIONS: _____

Menu

	SUN	MON	TUES
Breakfast			
Lunch			
Dinner			
Notes			

Planning

WED	THURS	FRI	SAT

Inventory

PRODUCE

MEAT

DAIRY

DAIRY

List

CANNED FOOD

FROZEN FOOD

SNACKS

OTHER

MENU MAGIC

Step 2:- Make a List & Shop

I'm going to recommend you do this in 3 stages.

1. Write down EVERY ingredient from every meal you have decided on from Step #1.
2. Mark off everything that you currently have in your pantry or refrigerator. Keep in mind that you will want to keep some of your "staples" in stock.
3. Re-write the remaining items and organize them into grocery sections to help with your shopping.
4. Choose one day to do the bulk of your shopping. If you are planning for the month, you will need to make fresh produce runs a couple of times in the month, but they should be minimal. TIP: Consider an online delivery or pick-up service to save time.

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Step 3 - Prep Your Meals

Here's where the magic happens. If you take some time once a week to do this, you will save time throughout the week. And your family will eat better. Tip: I do this while listening to an audiobook or podcast. This is a great place in the process to get your family involved as well. Make it a Meal Prep Party!

1. Cook your meat. Brown your ground meats and boil your chicken to shred or cube. Obviously, hold off on things you are planning to cook in your slow cooker or insta-pot. Cooked meat will store in the fridge for 3-4 days without any problem, but beyond that, they should go in the freezer. TIP: buy rotisserie chicken in the deli department and shred it up for later.
2. Prep your vegetables (you can do this while your meat is cooking). Wash and slice and dice.
3. Cook pasta and rice. OK, full disclosure, I don't do this... but I know that you totally can. They will keep in the refrigerator for 3-5 days, but I would not freeze these.
4. LABEL EVERYTHING and arrange your food into your meals as well as you can for storage.

Grocery

PRODUCE

MEAT

DAIRY

DAIRY

List

CANNED FOOD

FROZEN FOOD

SNACKS

OTHER

