

5

TIPS
TO MAKE

**WEEKNIGHT
MEALS**

A SNAP



beyondthekitchendoor.com



EASY THINGS YOU CAN DO TO GET DINNER ON THE TABLE THIS WEEK



1. Plan ahead. Over the weekend, figure out what your calendar holds for the upcoming week. Which nights will you be home? Are there activities scheduled with the kids? Late work meetings? Nail down which nights you'll need to cook so you can plan.

2. Make a short list. Which recipes do you like to make that your family enjoys? Put together a list of your top 5-10 go-to recipes and rotate them into your weekly menu.

3. Use a dry erase board and set it in a prominent place in the kitchen, such as on the fridge. There's nothing more effective when trying to complete a goal than to consistently be reminded. Why not do the same with your weekly menu? Plan out your week and put it out front and center where the whole family can see it. Include an area for your shopping list. Do you shop at several stores? Make a list for each store you frequent so all that you need to do is snap a photo on your phone and go (or click).



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4. Utilize grocery delivery and/or meal kit delivery services.

These services are available to make your life easier. I've found that we end up spending less on groceries when we use these services. Why? Because there's no waste. Some of our favorites include: [Home Chef](#), [Blue Apron](#) and [Sunbasket](#). We are also fans of [Butcher Box](#).

5. Prep your food. There's nothing less appealing than opening up your fridge to a head of broccoli or romaine lettuce. Take 15 minutes when you get home from the grocery store to prep up your produce. Wash and chop your lettuce. Slice up your bell peppers. Dice up your onions. You will be pleasantly surprised during the week when all you need to do is throw stuff together. Don't miss this step.

***Bonus tip:** Invest in a good food storage system. I recommend storing food in glass pyrex-type containers such as [these](#). The glass makes it easy to see what you've got and is safer for you than plastic.

