



5-DAY

no menu

~~MENU~~ PLANNING CHALLENGE

NELLIEBELLIE LLC

www.nelliebellie.com

WORKBOOK



how you'll feel when you complete this!

no menu

~~MENU~~ PLANNING CHALLENGE

nelliebellie

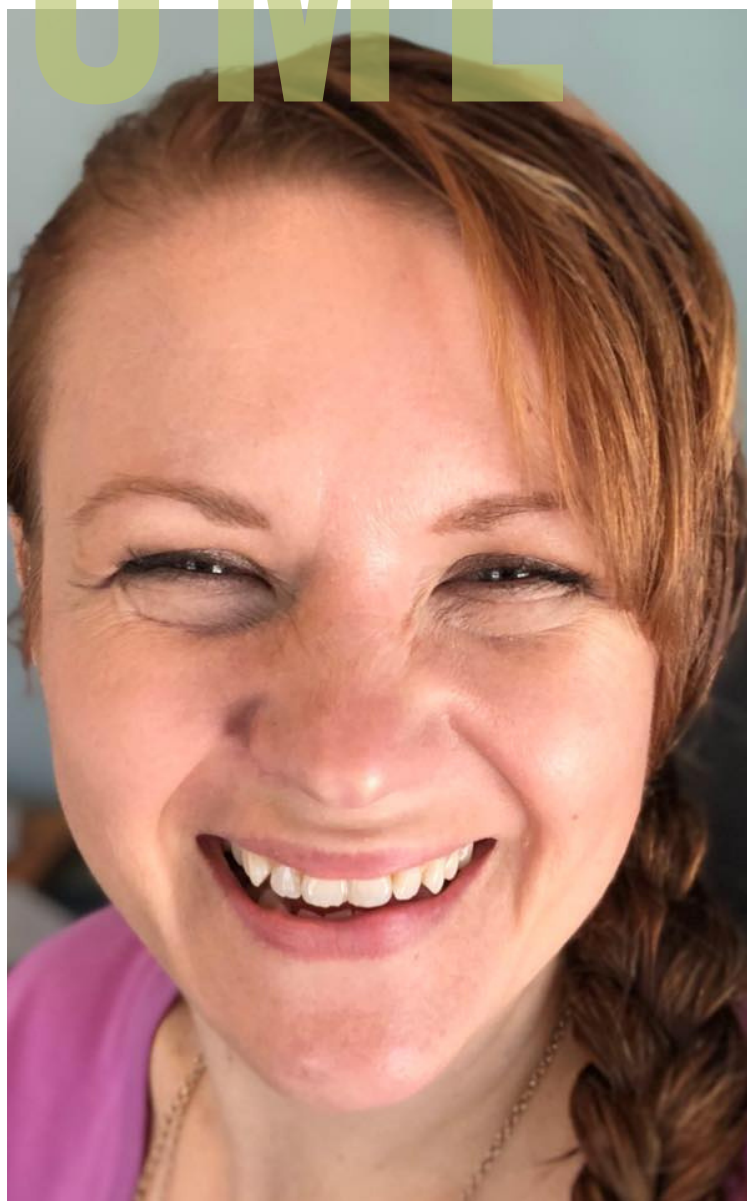
WELCOME

MEET JANEL

As a mom, wife, business owner, and all of the things....I'm right there with you in the thick of looking for easy, delicious, and nutritious meals that my family enjoys and I love making.

The smallest steps, like learning a simple make ahead breakfast can really impact your entire day: bye bye morning stress, farewell cranky kids, & hello energetic & super-productive me!

Just imagine what little changes in how you approach making meals can do for you. Let's see what can come after you finish this workbook, shall we?



xo Janel

Watch for clickable links! We want to keep things easy for you.





MY PROMISE TO YOU

This challenge is meant to help make creating meals easier and less stressful.

It has been designed to be quick to implement, customizable, budget-friendly, and for any skill level of cook.

If at anytime you get stuck, want a bit of inspiration, or need to solve a problem reach out to our team and we are committed to helping you.

contact janel@nelliebellie.com

From newbie home cooks to experienced chefs, limited budgets to sky's the limit, from cooking for 2 to cooking for 12...my goal is to **help you enjoy cooking** just a bit more!



CHALLENGE AT A GLANCE

remember, a MEAL and a recipe aren't the same thing.

GET ORGANIZED

DAY
1

Watch the live class for a quick overview & examples to copy.
Order any needed materials.

MAKE A FAVORITES LIST

DAY
2

Start your Top 40 meals list.
Ask your family members for their submissions.

START YOUR RECIPE COLLECTION

DAY
3

Print your first recipes.

PERSONALIZE & ADAPT

DAY
4

Start making notes on the recipes about storing, making ahead ,
adapting, and how to use store-bought ingredients to keep it fast.

PUT IT TOGETHER

DAY
5

Create your Forever Menu Plan on your fridge, calendar, planner, etc.
Put it to use!

SHOPPING LIST



FRIDGE MENU

- 50 magnetic dry erase labels
- dry erase markers
- 3 ring binder
- filler paper
- printer

CALENDAR / PLANNER MENU

- yearly calendar.
- post-it's to fit in the calendar days.
- extra post-it's for replacements or updates.
- 3 ring binder.
- filler paper.
- printer.

OTHER IDEAS

- 40 Post-it's on the fridge.
- upcoming recipe pages taped up on the fridge

TIPS FOR GETTING STARTED

1

YOU DON'T NEED TO FINISH ALL YOUR TOP 40

Although 40 favorite meals is the number to shoot for to give you a good variety and still keep consistency, don't stress. Start with 10 and add more as you go.

2

SAY NO TO CREATIVITY

The beauty of this system is that the creativity comes within the consistency. Start with basic, loved recipes (even ramen!) and get creative with that recipe (homemade ramen?). Your brain needs a break.

3

SCRIBBLE NOTES!

Be sure to pay attention to your favorite ways to adapt a recipe, something you think that you would like to try next time, or pre-made ingredients you can have on hand to speed up the recipe.

4

KEEP THE DAY TO DAY SIMPLE

Keep all of your meals fast, simple, and budget friendly. Schedule time to try that new recipe that you saved, when you have the time and energy to try out your skills. DON'T put it on your top 40 meal list, yet.

DAY ONE

GET ORGANIZED

Today your task is to join the live class (or watch the replay) and gather your needed materials.

TODAY'S TASKS:

- Watch the live class or replay to get an overview of what the forever menu plan is and the various ways you can create your own personalized version.
- Gather your supplies. Easy links to amazon products are provided in the shopping list section. order today and you should have them in time.
- Start jotting down notes when you think of recipes and dishes your family keeps asking you to make again.

CHECKLIST

- ☐ **JOIN:** Live Class.(link in emails)
[Facebook Group](#)
- ☐ **PREP:** Gather needed materials
- ☐ **WRITE:** Answer today's question

CONNECT

#NBMENUCHALLENGE

share your progress and what you hate most with the community!

What do you hate most about making meals? dishes, time, food waste, etc...

JOIN ME LIVE!

Facebook

Wednesday, March 31, 1pm CST

DAY TWO

FAMILY TOP 40 LIST

Repetition in meal planning creates space for creativity, energy, time, and joy. Creating a playlist, of sorts, and putting it on repeat allows your brain to feel less stress, more free, and give you confidence but that does not mean they have to be the same each time. If you feel like it, have fun with. Forty meals = more than a month's worth!

TODAY'S TASK: Start a family top 40 list. Include your family on this task.

Make a GIANT list of your family's favorite meals: keep these meals easy, affordable, fast, and within your skills. Don't worry if you think they are too simple or boring, you can always jazz them up! List as many as you can and do NOT write any down that are complicated and time-consuming.

You'll probably start with some on everyone's lists like tacos, sandwiches, quesadilla, pancakes, and spaghetti. Maybe you'll add grilled chicken, hobo dinners, and curry. Your son wants you to add his favorite fish sticks that you make. Your husband loves your lasagna.

Narrow the list to 40:

Be sure that EVERY meal on your list is loved by your whole family or easily adaptable to do so. If that means chicken nuggets, write it down (nothing wrong with nuggets and a veg).

Pick meals that help eliminate what you hate most about making meals. One-pots or sheet pan dishes, 30 minute meals to keep it fast, using prepared ingredients, or even planning favorite take-out.

Remember the goal: getting nutritious food on the table everyone likes with as little stress and mess as possible.

Note: you might not finish this list, that's okay. It can be an ongoing process! Try to get a good start.

CHECKLIST

- ☐ **JOIN:** [facebook group](#)
- ☐ **PREP:** Ask your family for fave meals.
- ☐ **WRITE:** Brain dump every meal you can think of. Hone it to 40.

CONNECT

#NBMENUCHALLENGE

share your progress and meal ideas with the community!

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Wednesday, March 31st, 1pm CST



TOP 40 MEAL LIST

PREP / COOK TIME

MEAL NAME

MAIN INGREDIENT

WHO'S FAVE:



TOP 40 MEAL LIST

PREP / COOK TIME

MEAL NAME

MAIN INGREDIENT

WHO'S FAVE:



TOP 40 MEAL LIST

PREP / COOK TIME

MEAL NAME

MAIN INGREDIENT

WHO'S FAVE:



TOP 40 MEAL LIST

PREP / COOK TIME

MEAL NAME

MAIN INGREDIENT

WHO'S FAVE:

YOUR QUESTIONS...

HOW DO I PLAN FOR BREAKFAST & LUNCH?

There are a couple of ways I suggest streamlining your breakfast & lunch.

- 1** I have our breakfast & lunch on a rotation of only a few favorite options that I keep the ingredients for on hand. Our brain needs to save as many decisions as possible and having standard meals works great for many people.
- 2** Creating a secondary Top 40 of favorite breakfast and lunch options is another great way to streamline your breakfast & lunch options. For this purpose I would reduce the number to 20 or 25.
- 3** For lunch, plan on using leftovers. If you are okay with leftovers, figure that into your evening meal. Make enough for lunch the next day. Maybe make extra chicken for a chicken salad, rice for fried rice, etc...

MY FAMILY ONLY LIKES BOXED/CANNED MEALS BUT I DON'T WANT THAT EVERY NIGHT!

First, lucky you! There is nothing easier than frozen nuggets. You go with it and take a load of that night. But, here are a few tips to help keep the nutrition as great as possible.

- 1** Be sure to have veggies as the side dish! Perhaps try a veggie you don't have often.
- 2** Keep changing up the version of their favorite food that you give them. Try a new brand of nuggets. Try a homemade version (make sure to get them involved with the cooking!). Find ways to expand the variety and nutrition options.
- 3** Keep widening the time between these types of meals. 4x a week for a month turns to 3x a week for a month turns to 2x a week...you get it! Before you know it your family forgets what a nugget tastes like. Just be sure to replace them with NEW family favorites.

START GATHERING RECIPES

Today's Task: today start printing out your favorite recipes, if they require recipes. Printing them and putting them into a binder will save you all sorts of time and energy. It also allows your family to easily find them and help get meals going.

Some meals won't need recipes (like nuggets). However, if you have meals that don't need recipes but you like to adapt and adjust them having them written down on paper will allow all of that info to live OUT of your brain. And make it easy for other family members to find. *For instance, tacos don't require a recipe but the special crema that you drizzle on yours your family might need a recipe for.*

You don't need to print all of your recipes. Just a good batch to get you started.

CHECKLIST

- ☐ **JOIN:** [Facebook Group](#)
- ☐ **WATCH:** Day One's live class, if you missed it in prep for tomorrow. Link in your emails!
- ☐ **COMPLETE:** print a batch of your top recipes.
- ☐ **SHARE:** use **#NBMenuChallenge** to post progress on Insta

JOIN ME LIVE!

Facebook

Wednesday, March 31st, 1pm CST

YOUR QUESTIONS...

SOMETIMES I LIKE TRYING NEW RECIPES!

Me too! Go ahead and make one when you feel like it.

Or, amp up a planned meal with something new (make a homemade sauce instead of the usual purchased).

The beauty is that you don't HAVE to try new recipes. Instead, you can make your favorites new and fresh whenever you want. Or, stick with the basics for quick and easy meals.

You are completely organized and in charge of your meals. Do what you like!

HOW DO I ORGANIZE MEALS WITH MULTIPLE POSSIBLE RECIPES?

Great question!! Frankly, I have the same problem. I love using an Instant Pot Rice recipe for multiple of my recipes.

Add page numbers to the bottom of your recipe pages and reference the numbers in your recipes. My IP recipe is page 45 (not a Top 40 recipe) and I reference it in multiple recipes so I remember and my family can find it.

I WANT TO SWAP OUT A NEW RECIPE BUT NOT GET RID OF THE OLD ONE.

Yep, for sure!! Keep extra labels and tabs on hand JUST for this reason. Simply swap out the new recipe and add it to your binder (this is why I suggest using alphabetical order or page numbers). Add the old one to the storage section of your tabs (but keep it in your binder!). Easy peasy!

Warning: don't be tempted to do this often or it defeats the purpose of eliminating the need to think about meals on a weekly basis.

PERSONALIZE

Give your creativity room: Look over the recipes you printed out and make some notes on the back of ways you might want to adapt them, prep something ahead, save a prepared ingredient for another recipe, etc... When you make a meal, make necessary notes.

Start your notes by solving the main problem you have with making meals.

Some notes I have on mine:

- ✓ **Make ahead tips and notes**
- ✓ **Ingredient swaps/additions**
- ✓ **Favorite sides**
- ✓ **Ingredients I can make for another recipe**
- ✓ **How to double/stretch the recipe for company**
- ✓ **Dietary adjustments**
- ✓ **Slow-cooker/IP/Grill instructions**

CHECKLIST

- | | |
|--|--|
| <input type="checkbox"/> JOIN: Facebook Group | <input type="checkbox"/> tips for saving \$ on groceries |
| <input type="checkbox"/> COMPLETE: a week's worth of recipe notes | <input type="checkbox"/> SHARE: use #NBMenuChallenge to post progress on Insta |

JOIN ME LIVE!

Facebook

Wednesday, March 31st, 1pm CST

YOUR QUESTIONS...

HOW DO I STREAMLINE GROCERY SHOPPING FOR MY MEALS?

There are 3 ways that will directly impact your grocery shopping.

1 Picking your meals based on what is on sale.

Use your weekly ad to determine what ingredients are on sale and choose your meals based on that. I like to use the produce on sale to determine what the meals will be, that week. If your family are big meat eaters using what meat is on sale would be a good way to pick your meals that week.

2 Piggybacking your ingredients. This can also work great WITH #1.

If I am making chicken breast for a meal, I might find another meal that uses chicken and buy twice the amount, simplifying my grocery shopping. Even better, if I can prepare the chicken for the second meal at the same time as the first (like making extra chicken breast to use for chicken salad later that week).

3 Keeping the number of ingredients in your meals to a minimum.

When you choose your Top 40 recipes try to choose recipes that keep the ingredients simple. Better yet is if those ingredients are mostly pantry ingredients (allowing you to buy multiple while they are on sale).

Don't miss my top tips for saving \$ on grocery shopping.



TOP 40 + SYSTEM = FOREVER MENU

RECAP:

- family favorites
- edited for your schedule & skills
- guaranteed your family will like

RECAP:

- easily seen
- flexible
- perfect for family help
- adaptable

RECAP:

- repeatable
- customizable
- personalized
- simple to use

CREATE IT

- Gather your Top 40 meal list and add the meals to your labels.
- Attach the labels to your fridge, calendar, or planner. If using a calendar or planner you may want to put them on an empty page to store until ready to be moved to their designated day.
- Gather all your printed recipes and put them into the binder. I recommend by alphabetical order.
- Pick your first meals and move the labels to the calendar days. If using the fridge system, simply put them in the order they are coming up.



THANK YOU

LET'S STAY IN TOUCH!

Thank you so much for trusting me enough to give this a try. I hope you give this system at least a couple of months to try so you can really feel the freedom and ease of repetition and familiarity.

Don't forget to head to NellieBellie.com for your classic favorite recipes, new twists on old comfort foods, and some of our family favorites. Of course, don't EVER feel that you need to try something new. Your family favorites are the best ever and there is no need to mess with that :).

xo Janel

YOU DID IT!

READY FOR MORE?

You would think that being the oldest of 10 from a homeschooled, poor, conservative family I would have grown up with a foundation in cooking. Nope. SOOOO not true.

I had no childhood cooking examples, resources, time or energy for cooking (sound familiar?). Cooking didn't come easily to me.

I understand how it feels to feel overwhelmed and without any desire to handle the daily chore of cooking.

Over 24 years I have learned the skills to cook and master the kitchen and have shared them with millions, over the years!

I have gathered all these skills, tips, tricks, strategies, foundations, and more into one course. **This is the course I wish I had had!**



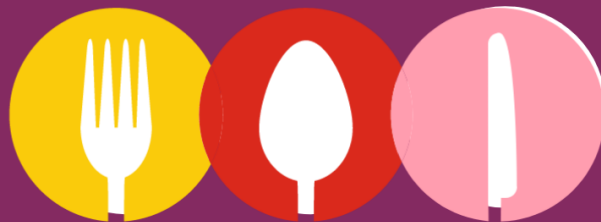
The fast-track, hand-holding program that helps you look forward to cooking! Yes, we all hate the dishes!

xo Janel

CONTINUE THE JOURNEY

THE EVERYDAY COOK
FOUNDATIONAL COURSE

ENROLL NOW
(starts April 19th)



The Everyday Cook
FIND JOY IN THE CHORE OF COOKING

The fast-track, hand-
holding program that
helps you look
forward to cooking!
Yes, we all hate the
dishes!



NELLIEBELLIE READER SHERREE:

“

**LEARN TO
COOK AS
EARLY AS
POSSIBLE**

”



“YOUR BEST FAMILY MOMENTS WILL BE AROUND THE DINNER TABLE

NELLIEBELLIE READER BARBARA

www.nelliebellie.com

THE COURSE CONTAINS:

DEDICATED TO THE BASICS OF FLAVOR PROFILES, SPICES, BASIC SKILLS, UNDERSTANDING INGREDIENTS, AND SOME OF THE OVERWHELMING "FOOD SCIENC-Y" NECESSITIES OF OPENING A CUPBOARD AND COOKING WITH WHAT'S INSIDE. YOU'LL LEARN A BITE-SIZED, NON-OVERWHELMING WAY HOW TO COOK WITHOUT A RECIPE.

RECIPES, MENUS, CHECKLISTS

Q & A CALLS

10 INGREDIENT GROCERY BAG

GROUP LIVE COOKING CLASSES

FOUNDATIONAL COOKING LESSONS

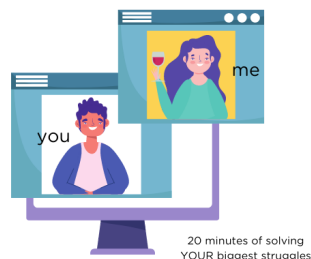
The Everyday Cook
FIND JOY IN THE CHORE OF COOKING
8 JAM PACKED MODULES PLUS ALL THE ACCESSORIES!
The fast-track, hand-holding program that helps you look forward to cooking!
Yes, we all hate the dishes!

RESOURCES & CHECKLISTS
FOUNDATIONAL COOKING CLASSES
ONLINE COMMUNITY
6 PACKED FULL MODULES

starts april 19th

ENROLL HERE

Bonus content:



20 minutes of solving
YOUR biggest struggles
COOKING COACHING CALL
with your personal kitchen trainer (that's me!)



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NOTES

A large rectangular area filled with a uniform grid of small, light gray dots, intended for handwritten notes.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.