



BUSY MOM MEAL PREP

journal + season of
life audit



WHAT DO I HOPE TO
ACHIEVE BY THE END
OF THIS PROGRAM?

Brainstorm your WHY here. Get specific and go deep. Why do you want to be healthier? Why do you want to be more organized? Why do you want to reduce stress? Once you have your WHY, ask yet another time, WHY does this matter to me?

TOP 3 GOALS

After brainstorming, choose the top 3 goals you have for yourself with this program and rank them in order of importance.

1

2

3

Throughout the program, revisit your WHY and goals frequently to keep yourself motivated and to stay the course! You got this!



SEASON OF LIFE AUDIT

REFLECT ON YOUR SEASON OF LIFE

Do you have kids? How many?

Ages?

Are you breastfeeding?

Are you on-the-go frequently attending evening events? How many nights per week?

Do you travel for work frequently? How often?

Do you work from home?

REFLECT ON YOUR COMFORT LEVEL IN THE KITCHEN.

Do you like cooking or being in the kitchen?

Did you grow up cooking and helping or did your guardian shoo you out of the kitchen?

How are your knife skills (i.e. how long does it take you to chop veggies)?

How do you manage tasks (i.e. are you scatter-brained or laser-focused)?

FAMILY CONSIDERATIONS

Do you or anyone in your household have health conditions or food allergies or sensitivities?

Do you have a picky eater(s)? How long has this been going on?

How much do your kids eat? (toddler vs high schooler)

OTHER CONSIDERATIONS



SEASON OF LIFE AUDIT

WHAT WOULD YOU LIKE TO PRIORITIZE FOR YOUR MEAL PREP SESSIONS?

Think about the times you typically eat: breakfast, lunch, dinner, and most people snack at least once during the day.

Which of these times do you (or your family) typically struggle to consume nutritious foods?

This exercise is geared toward the WHEN/WHICH MEAL but we will determine WHAT to prep in upcoming modules.

Prioritize them in order of importance. Note that this will change with different seasons of your life and with more experience meal prepping.

1

2

3

BRAINSTORM EXAMPLES

Let me give you a few examples of some things you may want to prioritize. Everyone is different, but I'm hoping these examples will get the gears turning.

Make healthy dinners that the whole family enjoys

Prep school lunches

Make my own baby puree

Offer lower sugar snack choices (for kids or adults)

Focus on satiating on-the-go meals and snacks and eat less take out meals

Make easy lunches to bring to work

Focus on high protein breakfasts