

Welcome!

Let's get started on how to be more efficient and learn to plan, prep, and create meals for the next 4 days. But first, I have some questions that I need you to answer...

1. Do you currently plan meals in advance? Yes/No
2. Do you buy premade/prepackaged foods? Yes/No
3. Do you find yourself using fast food as a crutch? Yes/No
4. Do you take your lunch to work? Eat lunch out? Yes/No
5. Do you like leftovers? Yes/No
6. Do you think leftovers are boring? Yes/No
7. Do you think meal prep is too hard? Yes/No
8. Do you think you will spend too much time in the kitchen? Yes/No
9. Do you consider yourself a healthy eater? Yes/No
10. Do you want to learn how to save time and money? Yes/No

Once you've answered these questions, drop me a line and send your answers back to me so we can get you on the road to planning, prepping and creating delicious meals for you and your family!

