

workshop syllabus

EASY MEAL PLANNING:**A SIMPLE, FLEXIBLE APPROACH TO GETTING DINNER ON THE TABLE****Lesson 1: The Easy Meal Planning Process***Thursday, March 21, 2013*

In this lesson you'll become crystal clear about what's most important to you when it comes to meal planning. Then, using a simple step-by-step process, you'll create a weekly meal plan designed around your most important goal. If you've tried menu planning in the past with limited success, the information in this lesson will help you identify your obstacles and give you concrete solutions for navigating around them. You'll finish the lesson with a clear understanding of how to create a customized meal plan that will help you save time and money while achieving your culinary goals.

**Lesson 2: Step Up + Simplify Your Meal Planning***Thursday, March 28, 2013*

In this lesson you'll step-up your approach to meal planning so you meet even more of your personal dinner time goals. You'll start developing a repertoire of recipes that fit your objectives, such as eating more fresh foods, saving time, eating healthier and saving money. You'll also learn strategies and techniques to simplify the planning process, as well as meal prep, so you spend less time in the kitchen. Plus you'll learn fresh ways to manage and organize your recipes and grocery list so planning is even easier.

Post Workshop Week*Thursday, April 4, 2013*

Our final week together is a lesson-free week. This week provides an opportunity to continue taking action on the lesson concepts with your instructor's support.

IMPORTANT DATES!

Workshop End Date: April 11, 2013 (This is the final day of instructor participation in this workshop.)

Community Access Dates: You will continue to have access to the online lesson materials, gallery, and online forum through **March 21, 2014**—one full year of access!

