

# Things That Make **Cooking**

## *at Home* **Easier**

..... Ordinary & *Happy* .....

<b>1</b> <input type="checkbox"/> Meal plan for the week.	<b>2</b> <input type="checkbox"/> Have pantry staples on hand (pasta, rice, oil, spices, canned goods).	<b>3</b> <input type="checkbox"/> Get refrigerated staples for the week (e.g., butter, cheese, milk, chicken/fish/protein).	<b>4</b> <input type="checkbox"/> Have themed nights every week (e.g., Taco Tuesday, Pasta Night Wednesday).
<b>5</b> <input type="checkbox"/> Have a few go-to recipes you've tried and loved.	<b>6</b> <input type="checkbox"/> Try more sheet-pan meals or one-pan meals.	<b>7</b> <input type="checkbox"/> Make a cooking playlist with your favorite songs.	<b>8</b> <input type="checkbox"/> Have a few very simple or quick recipes (e.g., Parmesan pasta, quesadillas, egg fried rice).
<b>9</b> <input type="checkbox"/> Utilize pre-prepped items when needed (e.g., frozen pre-chopped veggies, rotisserie chicken).	<b>10</b> <input type="checkbox"/> Keep flavor upgrades on hand (e.g., lemon, flaky sea salt, Parmesan, fresh herbs).	<b>11</b> <input type="checkbox"/> Pre-cook things you may use throughout the week (e.g., roasted peppers, boiled eggs, poached chicken).	<b>12</b> <input type="checkbox"/> Try appliances that make cooking easier (e.g., air fryer, slow cooker, panini grill).
<b>13</b> <input type="checkbox"/> Clean while cooking.	<b>14</b> <input type="checkbox"/> Make some freezer meals for busy nights (e.g., lasagna, burritos, meatloaf).	<b>15</b> <input type="checkbox"/> Double the amount you're cooking so you can have leftovers for the next day.	<b>16</b> <input type="checkbox"/> Save all the recipes you love in one place (e.g., a recipe book or a folder).