

Discover your Meal Planning Persona!

We all embrace a persona around meal planning. You may have been one or all of these at some point in your life. Identifying your persona provides focus for creating a strategy to help you become the meal planner you desire. As you read below which description best reflects where you are now?

Amy Assembler: This lady knows how to use pre-cooked foods purchased at her local supermarket and assemble a tasty and fast meal. She knows the hot food station clerks by their first name. The fully cooked Rotisserie Chicken is a live saver for her. As a busy working woman, she tells herself that "this is better than popping everything in the microwave, or is it?"



Microwave Maiden: Her claim to fame "able to go from microwave to table in less than 3 minutes!" The freezer is stocked with microwavable meals and side dishes. The recycling bin is full of cardboard boxes and microwavable trays. You tell yourself you're eating healthy yet you don't feel it!

Whip it together Wizard: Somehow you manage to whip together a lovely looking and delicious tasting meal night after night. From the outside you look like you have it all together. On the inside you know you're in a food funk. You're dreaming of buying a new cookbook or heaven forbid going out for dinner on a Monday night!



Take out Tammy: You have the local pizzeria on your speed dial. Next to your land line phone is a stack of take out menus highlighted with your favorite dishes. On an average week you rely on take out for at least 3 meals. It's not that you're lazy it's just that you're busy. Thinking about what to eat is low on your list (until your stomach growls!)



"Wannabee Becky Home-Eckee": you love to shop for food, cook from scratch and have a tidy kitchen. However, life gets in the way! You're itching to get back to the structure of planning meals, shopping lists, and feeling in charge of your home! What's stopping you?



Last minute Mary: You typically walk through the door and wonder "what's for dinner tonight?" Breakfast may be forgotten a few days a week. Lunch jockeys back between unappetizing dinner leftovers and weekly jaunts to a fast food casual restaurant. Spontaneity is your strength. Deciding the last minute what to eat gives you flexibility. Yet why do you feel like you're eating the same things over and over again?

