



# Three Simple Shifts to Eat Healthier, Save Time, and Stop Wasting Food

WORKBOOK



# Welcome to Your 'Three Simple Shifts to Eat Healthier, Save Time, and Stop Wasting Food' Workbook!

If you've been buying gorgeous produce with the best intentions... only to find it wilted in the crisper drawer a few days later — you're not alone.

This workbook is here to help you **turn what you learn into action**. Jot quick notes as you watch so you can remember key points. Then after the training, take a few minutes to reflect (I've got prompts for you 😊). **Action comes with clarity, and reflection will help you get there.**

Ready? Let's go ...



## Shift #1: Triple your veggies without

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This is the subtle shift that changes everything: start your meal planning by thinking about the veggie first.

Fill in the blanks to cement what you're learning:

- For a lot of us, veggies were just an \_\_\_\_\_.
- Veggies aren't just a \_\_\_\_\_. They're \_\_\_\_\_.
- In Cook the Seasons, we make it easy by \_\_\_\_\_ each season's most popular \_\_\_\_\_ — so they're the \_\_\_\_\_ thing you think about when planning your week.

### Make it yours

**If veggies were the star of my plate, I think I would feel:**

more energy  more calm  more confidence  healthier  more like "me again"

Other: \_\_\_\_\_

**“My husband has eaten more vegetables in the last two weeks than he did all winter.”**

*~ Rita (Cook the Seasons Member)*



## Shift #2: Batch smarter to avoid

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Traditional batch cooking can feel like: 3 hours on Sunday making 5 full meals... and by Tuesday, you're tired of reheated leftovers.

The Cook the Seasons approach: make extra batches of Core Recipes — simple “mix-and-match” components — so you’re set up for fast meals all week without just reheating leftovers.

Fill in the blanks to cement what you’re learning:

- Traditional batch cooking is when you spend \_\_\_\_\_ hours on \_\_\_\_\_ making \_\_\_\_\_ full meals.
- The fix is to make multiple batches of what I call \_\_\_\_\_.
- These are simple dishes you can think of as “\_\_\_\_\_” components on a plate.

Make it yours

**When I imagine having leftovers of Core Recipes ready to mix and match, the part that feels most relieving is:**

- Not spending 3 hours on Sunday making 5 full meals.
- Not getting sick of reheated leftovers by Tuesday night.
- Having simple building blocks ready so dinner feels easier to pull together.
- Less frustration because I’m not doing a ton of work that doesn’t “pay off.”
- More flexibility from mix-and-match components

**“The roasted broccoli was a huge hit! My super vegetable avoiding 7 year old ate all of his...”**

*~ Lisa (Cook the Seasons Member)*



## Shift #3: Stop starting from \_\_\_\_\_ every night.

Other meal planning approaches treat each night like a one-off ... and it's exhausting. **The Nourish 1-2-3 Meal Planning Method is different**, and it stacks the deck in your favor.

**1) Pick a vegetable** (or whole grain or protein... but I like to start with seasonal vegetables and by now, you know why!)

**2) Cook a few simple "Core Recipes"** as a "mix-and-match" meal (because extra batches take very little extra time!)

**3) Use leftovers of those Core Recipes** as the done-for-you foundation for easy "Reinvention Recipes" that come together in a flash later in the week.

Because you're not starting from scratch each night, you're much more likely to actually cook... and your evenings feel a lot less overwhelming.

Fill in the blanks to cement what you're learning:

- With Nourish 1-2-3, we're strategically mapping your meals for the week — like fitting \_\_\_\_\_ together.
- You start with a \_\_\_\_\_. Then you choose a \_\_\_\_\_ recipe that features that veggie — and you'll make an extra batch... And finally, you pick a \_\_\_\_\_ recipe to make with the leftovers.
- \_\_\_\_\_ recipes are creative, brand new dishes that come together in under 30 minutes, because you've already got a head start.



Make it yours

**When I imagine having Reinvention Recipes ready to make quickly, the part that makes me happiest is:**

- Opening the fridge and thinking, "Oh good — dinner is basically handled."
- Not having to start from scratch at 5:00.
- Less cleanup because I'm not making a whole new production every night.
- The confidence of having a plan that actually works in real life.
- Less waste (using what I buy + eating what I cook).

**“Since everything was already cooked, it only took about 15 minutes to pull together.”**

*~ Amber (Cook the Seasons Member)*



## Quick Reflection

Take a breath and get grounded. These reflection prompts will help you internalize what you've just learned in the training, and choose a next step to take action. **(P.S. - You'll get the Meal Mapper, Recipes, and Shopping List an hour or so after the training, so you can know to keep an eye out for them)**

**1) Right now, dinnertime usually feels like:**

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**2) What I want instead is:**

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**3) I came to this training because:**

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**4) The biggest thing I'm realizing is:**

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**5) One belief I'm ready to let go of is:**

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**6) The "next right step" I'm willing to take is: (make this the next page)**

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**"I now feel much more equipped to cook good-for-me food and believe I have a plan in place that will actually allow me to follow through with it."**

*~ Deanna (Cook the Seasons Member)*



## You've come this far. Now choose your “right next step.”

Which ONE action will you take right now to make weeknight dinners easier?

The goal is to ***take one step forward while you feel motivated.***

***I'm joining Cook the Seasons, Lia*** — I'm ready for a system that makes nourishing dinners fast, doable, and actually enjoyable.

***I'm going to DIY it*** and cross my fingers that I can finally break the 5:00 “what's for dinner?” frenzy without wasting a fridge full of produce again.

 Pssst ... Don't forget you've got a special welcome discount and bonuses waiting for you (expires 72 hours after the training).

“Our grocery bill is half of what it was and so is our trash!”

~ Aileen (Cook the Seasons Member)



## Why Cook the Seasons Works

Cook the Seasons is the only meal planning system that brings seasonal veggies to the center of your plate in a way that's efficient and actually enjoyable—helping you save time by leveraging what you've already cooked, and save money by buying what you need, using what you buy, and eating what you make.

Here are the results you can expect, starting with Week 1:

- **End the “what’s for dinner?” mental load** with a simple meal mapping rhythm you can repeat.
- **Triple your veggies without extra effort** by starting with seasonal vegetables (so healthy eating becomes the default).
- **Save serious time on weeknights** because you’re leveraging Core Recipes and reinventions instead of starting from scratch.
- **Cut food waste way down** because you buy what you need, use what you buy, and eat what you cook.
- **Spend less and eat better**—with more calm, more confidence, and a fridge that actually helps you.

Your meals matter. And I know you don't want to spend them stressed, scrambling, and staring into the fridge wondering what to make — again.

Cook the Seasons makes it possible to put more veggies on the plate in less time, with a whole lot more yum... and a whole lot less waste. It's a system that helps you stop starting from scratch every night, so dinner can feel like a win instead of a burden.

If you're ready for more ease, more consistency, and a rhythm that supports the life you want — I'd love to welcome you in.

**Join Cook the Seasons now.** Start eating better with less effort today.