

Getting Started

MEAL MAPPING PLAYBOOK

By Lia Huber



Wooot! You, my friend, are in an exciting place.

You're about to learn a new way of planning, a new way of thinking, a new way of BEING, that I truly believe will change your life.

Because once you get in the groove of Cook the Seasons -- of sitting down for 5-10 minutes once a week and choosing your Core and Reinvention recipes for the week, then planning them out on your Meal Mapper -- you'll be in a different place than where you are now.

You'll go through the week calm, rather than having that wall of "whatamImakingfordinner?????" stress hit you like a tsunami every night.

You'll be more consistent about eating well -- with a focus on seasonal veggies, healthy fats, and whole grains, rounded out by protein you feel good about -- than you've likely ever been before.

And that shift will feel so natural ... and so goooood ... that it will never (ever) feel like a "should" or like you're on a "diet."

And that will lead to a slew of other "side effects" 😊 ... like losing weight and keeping it off, experiencing better health, having more energy and focus, and generally feeling pretty awesome about yourself, how you're showing up in the world, and the impact you're having on those around you.

So let's get you started, shall we?

Xo

Lia Huber



BEFORE WE MEAL MAP, LET'S START WITH *mindset*

As awesome (and powerful) as Cook the Seasons is, it will take some effort on your part too. I dare you to think of anything in your life that was a new skill or novel way of doing something that happened just by snapping your fingers.

There's no doubt ... there's a learning curve with Cook the Seasons. Because Cook the Seasons is more than just a meal planning app that gives you menus and recipes.

It's an approach to totally shifting the way you think about your meals.

So I encourage you to give yourself some time with this. The key ingredients to your success are going to be patience, compassion, and perseverance.

Be prepared to feel a little overwhelmed at first. Be prepared to try and "fail" a few times (although I'd argue there's no such thing as failure in Cook the Seasons ... just opportunities to learn).

Just know that, after a few weeks of mild frustration, you'll look up and realize you're on a brand new path. If you hit any bumps along the way, jump into the Facebook group. We're there both as a practical resource and to encourage you as friends.

In fact, here's some advice for you from our members

The most resounding piece of advice you'll hear from our members is "start slow!" If you're totally comfortable cooking loads of veggies and your whole family is on board, then have at it and jump right in.

But if you're somewhat new to a "veggie first" approach -- and/or if you and/or your family are not entirely in love with veggies ... yet -- then I too urge you to start slow. Hear what our members have to say ...

Loving all the learning. I was intimidated by fresh veggies because I had no idea how to cook with them. Now I'm buying chard, asparagus, radishes. So happy I signed up for this program!"

~ **Kathy**

I planned my menu in about 30 minutes and the grocery store was a breeze with the automated shopping list. I have not felt this together with seasonal, whole-food cooking for my family EVER."

~ **Casey**

Cook the Seasons recipes work, every single time. I'm becoming a much better and more inspired cook!"

~ **Naylynn**

My husband has ogled over every single meal that I have made since starting. Delicious and healthy."

~ **Michelle**

This program really is the best thing out there for busy people. The recipes are terrific. You won't regret this!"

~ **Mel**

I just made my first meal with Cook the Seasons and am so hooked! My shopping bill was very reasonable, even with shopping at my local co-op and getting everything could organic."

~ **Naylynn**

This week has been so much fun! By doing 1 large meal on Monday mixing and matching Core Recipes, I've been able to throw meals together quickly the rest of the week."

~ **Laura**

This is way too much fun! I have been so impressed at the speed I am able to put together a meal, and veggies I'd turned my nose up at the past I now love!"

~ **Pamela**

Dinner tonight was a Reinvention made with leftovers from the last two nights, and it was SOOOOO good! And since everything was already cooked, it only took 15 minutes to pull together!"

~ **Amber**

JUST A QUICK *refresher* ON **NOURISH 1-2-3**

Remember the way the **Nourish 1-2-3 meal** planning approach works ... **we start by choosing a veg, then we choose a Core Recipe** to make with the veg, and **then we choose a Reinvention to make with leftovers** of that Core Recipe. Like this:

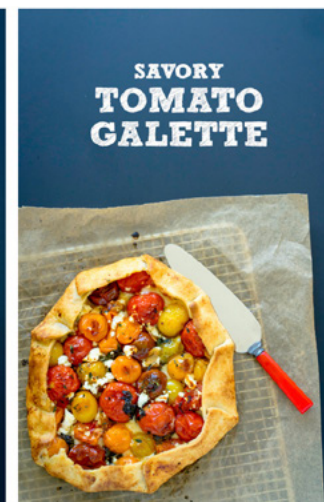
1 VEGETABLE



2 "CORE RECIPE"



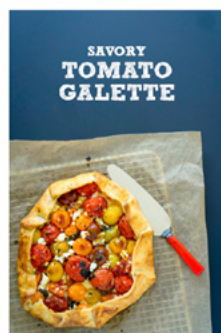
3 "REINVENTION RECIPE"



MEAL 1 MIX & MATCH CORE RECIPES



MEAL 2 REINVENTION RECIPE



MEAL 3 REINVENTION RECIPE



MEAL 4 REINVENTION RECIPE



Then you repeat the process 1 or 2 more times with another veg ... or whole grain ... or protein. So you end up with a mix-and-match meal of 2-3 Core Recipes, and you tuck the leftovers in the fridge so you can make 2-3 (or more) Reinvention Recipes throughout the rest of the week.

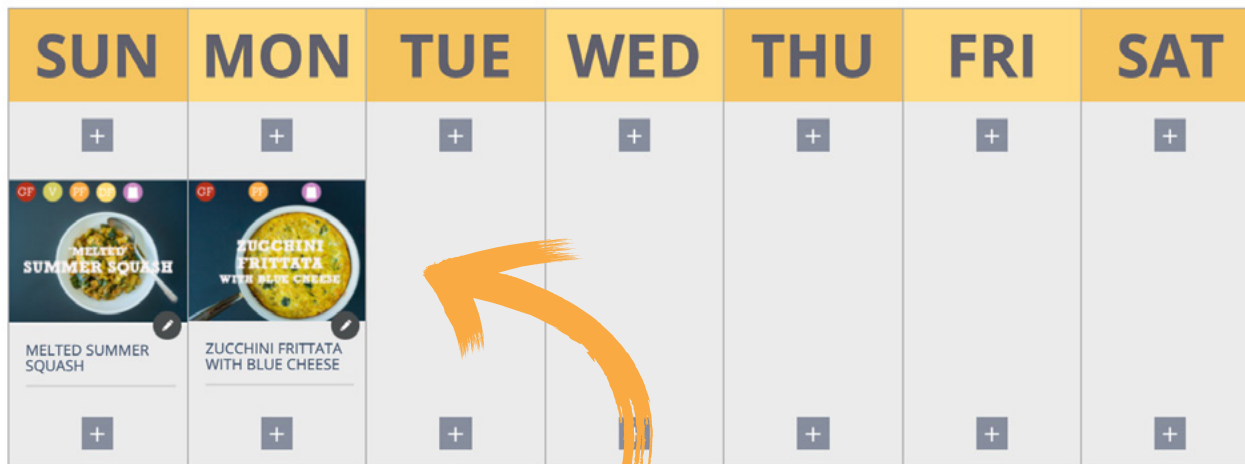
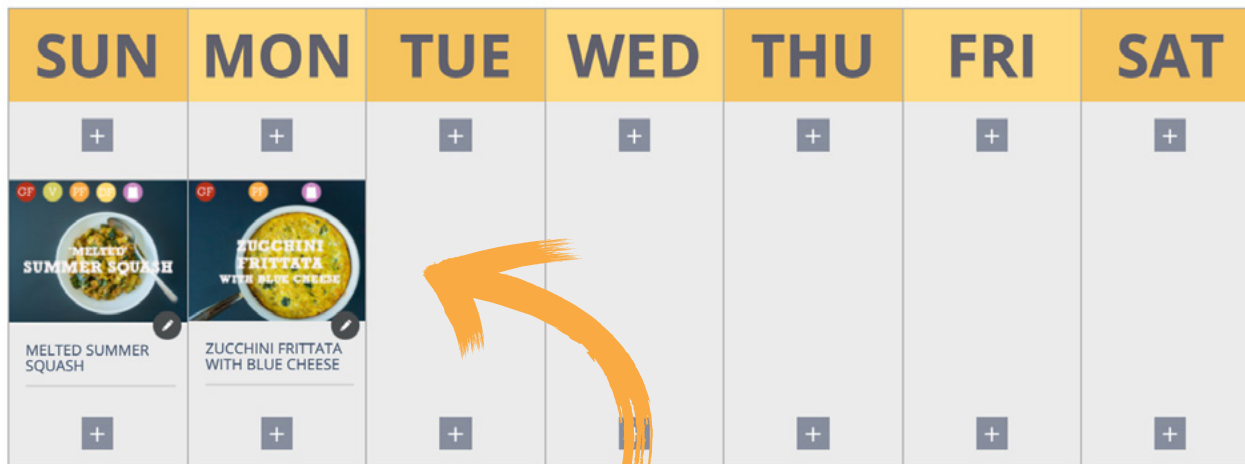
So the rhythm of the week looks like this:

OK ... ARE YOU READY? NOW LET'S START *meal mapping*

If you're BRAND new to this whole veggie thing, then I suggest simply **starting with choosing ONE Core Recipe** (by clicking on the + button below the image, which will add it to your Meal Mapper List) that you'll make as a sort of side dish to whatever other dishes **you know your family already loves**. And do **pick a veggie you're fond of** ... or that you're interested in becoming fond of 😊.

So that might look like Melted Summer Squash paired with some sort of chicken dish that's a go-to for your family, and maybe a starch that's been a standby.

Then choose a Reinvention to make with the Core you chose, to make the following night or later in the week (you'll find the Reinvention Recipes for the Core you're looking at in the right-hand sidebar -- or by scrolling down the screen on a mobile phone). So for the Melted Summer Squash, that might be the Zucchini Frittata with Blue Cheese (which, again, you'd add to your Meal Mapper List by clicking the + below the image).

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
						
+	+	+	+	+	+	+

Add 1-2 other dishes from your own repertoire that you and your family are comfy with, to make a complete meal.

Then plan those out on your **Meal Mapper**. You can print it out and note what other recipes of your own you're making with the Core Recipe you've chosen. So this is what it would look like. **You'll see that you've essentially got TWO meals out of just ONE dish.**

Then do that same thing again a few days later ... and eventually start incorporating more and more **Cook the Seasons** recipes into the mix. So next week it might be a Core veg recipe AND a Core protein recipe with some simple rice your family likes. And then a couple of weeks later you might do a Core veg, a Core protein, and a Core whole grain.

Make sense? 😊

HERE ARE 25
crowd-pleaser faves
(CORE > REINVENTION)
TO START YOU OUT SLOW.

CORE	REINVENTION
Sauteed Green Beans with Toasted Garlic	➔ Fusilli with Garlicky Beans
Sauteed Green Beans with Toasted Garlic	➔ Green and White Bean Salad with Tuna
Steamed Beans with Herbs	➔ Tomato Salad with Green Beans and Bulgur
Irresistible Wok-Seared Green Beans	➔ Peanutty Noodles with Green Beans, Cucumbers, and Red Peppers
Corn on the Cob with Lime Butter	➔ Shrimp, Corn & Tomato Salad with Tomato Vinaigrette
Spicy-Cool Cucumber Salad	➔ Cucumber-Melon Salad with Feta
Really Easy Roasted Ratatouille	➔ Ratatouille Penne
Really Easy Roasted Ratatouille	➔ Ratatouille Tostadas
Really Easy Roasted Ratatouille	➔ Ratatouille Quiche
Sweet Pepper Confit	➔ Sweet Pepper Confit Quesadillas
Goes with Everything Grilled Vegetables	➔ Savory Summer Veg Cobbler
Goes with Everything Grilled Vegetables	➔ Grilled Veggie Pasta Toss
Goes with Everything Grilled Vegetables	➔ Summer Grilled Veggie Pizza
Asian-Inspired Slaw	➔ Chicken Wraps with Asian Slaw and Edamame Hummus
All-Purpose Coleslaw	➔ Shrimp Tacos with Slaw and Avocado
Meaty Grilled Zucchini	➔ Grilled Squash, Onions, and Sausage
Meaty Grilled Zucchini	➔ Quinoa Salad with Zucchini and Mozzarella
Melted Summer Squash	➔ Pasta with Melted Summer Squash
Melted Summer Squash	➔ Melted Squash Tacos
Melted Summer Squash	➔ Zucchini Frittata with Blue Cheese
Marinated Tomatoes	➔ Easy Tomato Pasta with Basil and Blue Cheese
Marinated Tomatoes	➔ Panzanella (Bread Salad)
Melted Eggplant and Tomatoes	➔ Rolled Lasagna Casserole
Slow-Cooked Burst Cherry Tomatoes	➔ Smashed Avocado and Tomato Toasts
Grilled Tomatoes in Parchment	➔ Spaghetti with Grilled Tomatoes and Burrata

As you get comfy with the Veg Core and Reinventions, start adding in Protein Core and Reinventions (we've got some TERRIFIC Reinventions in there for really delicious Core protein recipes!).

1

WHEN YOU'RE READY TO *move up* TO 2-3 CORES > 2-3 REINVENTIONS

Once you -- and your family -- start to "trust" **Cook the Seasons** recipes, you can add more and more to your Meal Mapper.

Here are 6 simple Meal Mappers to start.

If you see one you like, **go ahead and fill out your OWN Meal Mapper with those dishes** (feel free to start on whatever day you like, it doesn't have to be Sunday). And then print out your Meal Mapper PDF, Recipe Pack, and Shopping List and have at it! 😊

2

SUN	MON	TUE	WED	THU	FRI	SAT
						
 GOES-WITH- EVERYTHING GRILLED VEGETABLES	 BEEF TACOS WITH PICKLED RADISHES	 GRILLED VEGGIE PASTA TOSS				
 SPICE-RUBBED SKIRT STEAK						
						

SUN	MON	TUE	WED	THU	FRI	SAT
						
 REALLY EASY ROASTED RATATOUILLE	 MIDDLE EASTERN FISH TACO BOWL	 RATATOUILLE PENNE				
 MIDDLE EASTERN- STYLE GRILLED SALMON						
						

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>ASIAN-INSPIRED SLAW</p>	 <p>CHICKEN WRAPS WITH ASIAN SLAW & EDAMAME "HUMMUS"</p>	 <p>RICE NOODLE SALAD WITH PORK & GREEN BEANS</p>				
 <p>HOISIN-MARINATED PORK TENDERLOIN</p>						
+	+	+	+			

3

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>GRILLED TOMATOES IN PARCHMENT</p>	 <p>CHICKEN CAESAR SALAD WITH CHERRY TOMATOES</p>	 <p>SPAGHETTI WITH GRILLED TOMATOES & BURRATA</p>	 <p>SHRIMP, CORN & TOMATO SALAD WITH TOMATO VINAIGRETTE</p>			
 <p>GRILLED CHICKEN PAILLARDS</p>						
 <p>CORN ON THE COB WITH LIME BUTTER</p>						
+	+	+	+	+	+	+

4

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>MARINATED TOMATOES</p>	 <p>SHRIMP & TOMATO LINGUINE WITH RICOTTA</p>	 <p>PANZANELLA (BREAD SALAD)</p>	 <p>GREEN & WHITE BEAN SALAD WITH TUNA</p>			
 <p>GARLICKY GRILLED SHRIMP</p>						
 <p>SAUTÉED GREEN BEANS WITH TOASTED GARLIC</p>						
+	+	+	+			

5

6

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>SPICY-COOL CUCUMBER SALAD</p>	 <p>"BUFFALO" CHICKEN SALAD WITH BLUE CHEESE DRESSING</p>	 <p>SMASHED AVOCADO & TOMATO TOASTS</p>	 <p>CUCUMBER-MELON SALAD WITH FETA</p>			
 <p>SLOW-COOKED BURST CHERRY TOMATOES</p>						
 <p>BUTTERMILK-BRINED CHICKEN BREASTS</p>						
+	+	+	+	+	+	+

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 SHALLOT CHILE RICE	 CHICKEN WRAPS WITH ASIAN SLAW & EDAMAME "HUMMUS"	 RICE NOODLE SALAD WITH PORK & GREEN BEANS	 SUMMER KITCHEN SINK RICE SALAD			
 ASIAN-INSPIRED SLAW						
 HOISIN-MARINATED PORK TENDERLOIN						
+	+	+	+			



SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 SHALLOT CHILE RICE	 PEANUTTY NOODLES WITH GREEN BEANS, CUCUMBERS & RED PEPPER	 SUMMER KITCHEN SINK RICE SALAD				
 IRRÉSISTIBLE WOK- SEARED GREEN BEANS						
+	+	+	+	+	+	+

And three more fully vegetarian Meal Mappers if you're so inclined ...



SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
						
MELTED EGGPLANT & TOMATOES	ASIAN GREEN BEAN & ARUGULA NOODLE SALAD WITH TOFU	ROLLED LASAGNA CASSEROLE	ZUCCHINI FRITTERS			
						
MARINATED GRILLED TOFU "STEAKS"						
						
BULGUR PILAF						
+	+	+	+			

2

3

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
						
SWEET PEPPER CONFIT	FUSILLI WITH GARLICKY BEANS	SWEET PEPPER CONFIT QUESADILLAS	DIY VEGGIE BURGERS			
						
CARAMELIZED SWEET ONION QUINOA						
						
SAUTÉED GREEN BEANS WITH TOASTED GARLIC						
+	+	+	+	+	+	+

And these are just 15 out of THOUSANDS of different combos you can make on your own.

PLUS ... don't forget the Done For You Meal Mapper Library for each season under the Resources section!

So start slow ... gain momentum and confidence ... and have fun!

WHEN YOU'RE READY TO FLESH OUT THE REST OF YOUR WEEK

So what happens when you're ready to plan more than four days at a time? Easy! 😊
You can use one of three simple methods to fill out the week.

SUN	MON	TUE	WED	THU	FRI	SAT
 MELTED SUMMER SQUASH	 MELTED SQUASH TACOS	 MEDITERRANEAN CHICKEN & CHICKPEA CHOPPED SALAD	 ZUCCHINI FRITTATA WITH BLUE CHEESE	 ROASTED GREEN BEANS WITH PANCETTA & BLUE CHEESE	 PASTA WITH MELTED SUMMER SQUASH	
 ROCK-YOUR-WORLD ROASTED GREEN BEANS						
 PESTO-RUBBED BUTTERFLIED GRILLED CHICKEN						

The Multiples Method

With this method, you just **pick more than 1 Reinvention for a Core**. So if you chose Melted Summer Squash as a Core, you might choose both Pasta with Melted Summer Squash AND Melted Squash Tacos to make as Reinventions later in the week.

You could even add the Melted Summer Squash Omelet or the Zucchini Frittata with Blue Cheese for MORE Reinventions off of ONE Core. Like this -- you can see I'm making THREE Reinventions from ONE Core:

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
<div>GF V PF GF</div>  <div>MELTED SUMMER SQUASH</div> <div>MELTED SUMMER SQUASH</div>	<div>GF GF</div>  <div>MEDITERRANEAN CHICKEN & CHICKPEA CHOPPED SALAD</div> <div>MEDITERRANEAN CHICKEN & CHICKPEA CHOPPED SALAD</div>	<div>GF GF</div>  <div>ROASTED GREEN BEANS WITH PANCETTA & BLUE CHEESE</div> <div>ROASTED GREEN BEANS WITH PANCETTA & BLUE CHEESE</div>	<div>V GF GF</div>  <div>PASTA WITH MELTED SUMMER SQUASH</div> <div>PASTA WITH MELTED SUMMER SQUASH</div>	<div>GF V PF GF</div>  <div>GOES-WITH-EVERYTHING GRILLED VEGETABLES</div> <div>GOES-WITH-EVERYTHING GRILLED VEGETABLES</div>	<div>GF PF GF</div>  <div>STEAK & ARUGULA SALAD WITH ROSEMARY VINAIGRETTE</div> <div>STEAK & ARUGULA SALAD WITH ROSEMARY VINAIGRETTE</div>	<div>GF GF</div>  <div>SUMMER VEGGIE GRILLED PIZZA</div> <div>SUMMER VEGGIE GRILLED PIZZA</div>
<div>GF V PF GF</div>  <div>ROCK-YOUR-WORLD ROASTED GREEN BEANS</div> <div>ROCK-YOUR-WORLD ROASTED GREEN BEANS</div>				<div>GF V PF GF</div>  <div>GARLICKY GRILLED FLANK STEAK</div> <div>GARLICKY GRILLED FLANK STEAK</div>		
<div>GF PF GF</div>  <div>PESTO-RUBBED BUTTERFLIED GRILLED CHICKEN</div> <div>PESTO-RUBBED BUTTERFLIED GRILLED CHICKEN</div>						
+	+	+				

The Grouping Method

With the Grouping Method, **you're essentially going through two rounds of 2-3 Cores > 2-3 Reinventions.** So you'd do your first Big Cook of multiple batches of Core Recipes over the weekend, and your second mid-week. And you can either plan it all at once on your **Meal Mapper** -- *which means you'd shop once* -- or plan the first part of your week, and then a few days later your second ... in which case you'd have two rounds of shopping. **The advantage is, your Big Cooks are smaller, and you can chunk down your shopping if you like.**

SUN	MON	TUE	WED	THU	FRI	SAT
<div>+</div> <div> <div>GF V PF LI</div>  <div>MELTED SUMMER SQUASH</div> </div> <div> <div>GF</div>  <div>CORN ON THE COB WITH LIME BUTTER</div> </div> <div> <div>GF</div>  <div>BUTTERMILK-BRINED CHICKEN BREASTS</div> </div> <div>+</div>	<div>+</div> <div> <div>GF</div>  <div>"BUFFALO" CHICKEN SALAD WITH BLUE CHEESE DRESSING</div> </div> <div>+</div>	<div>+</div> <div> <div>GF V PF LI</div>  <div>SLOW-COOKED BURST CHERRY TOMATOES</div> </div> <div> <div>GF</div>  <div>MELTED SQUASH TACOS</div> </div> <div>+</div>	<div>+</div> <div> <div>GF PF</div>  <div>SHRIMP, CORN & TOMATO SALAD WITH TOMATO VINAIGRETTE</div> </div> <div>+</div>	<div>+</div> <div> <div>GF V PF LI</div>  <div>ROCK-YOUR-WORLD ROASTED GREEN BEANS</div> </div> <div>  <div>SAVORY TOMATO GALETTE</div> </div> <div>+</div>	<div>+</div> <div> <div>GF</div>  <div>ROASTED GREEN BEANS WITH PANCETTA & BLUE CHEESE</div> </div> <div>+</div>	<div>+</div>

The Rolling Method

My Rolling Method is a bit more advanced. You'll start as you do with Grouping, creating Cores and Reinventions for the first part of the weekend/week.

But then along the way, you'll add a Core Recipe to a meal to complement a Reinvention Recipe, and then you'll slate Reinvention Recipes for those added Cores.

What's great about getting familiar with each of these approaches is you can use whatever works in the moment. Because each week is different. So I may go with the Rolling approach one week, and then the Multiples the next, or even mix-and-match two approaches in one week. It's fun having all sorts of ways to play with!



Are you ready to plan YOUR *Meal Mapper?*

**POST A PIC OF WHAT YOU'RE MAKING IN
THE FACEBOOK GROUP 😊!**

Have at it! And have fun ... and if you hit a bump and need help, here are three ways to get it:



Post a question in the Facebook Group (the quickest way to get help and advice)



Click the "Have a Question? Ask it Here" button in the Cook the Seasons Member Site



E-mail the Nourish team at support@cooktheseasons.com

We're here for you ... and we can't wait to see what you're cooking!

xo Lia