



YOUR MEAL PLANNING BRAINSTORM



THIS IS WHERE YOUR PLANNING BEGINS!

START BY WRITING OUT YOUR FAVOURITE MEALS & SNACKS SO YOU HAVE A RESOURCE TO PLAN YOUR WEEKLY MEALS FROM.

FAVOURITE BREAKFASTS

FAVOURITE SNACKS

FAVOURITE LUNCHES

FAVOURITE DINNERS



YOUR WEEKLY MEAL PLAN



USE YOUR MEAL IDEAS TO CREATE YOUR WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

ALL ABOUT COOKING IN MY GENES



MY NAME IS JESS & I LOVE FOOD.

I LOVE TO COOK, BAKE AND EAT - IN NO PARTICULAR ORDER.

MY LOVE OF FOOD STARTED AT A YOUNG AGE AND THESE DAYS

I COOK AND BAKE FOR THOSE I LOVE.

TO ME, THERE'S NOTHING BETTER THAN THE PEOPLE I LOVE,

SITTING AROUND A TABLE, ENJOYING A MEAL TOGETHER.

IT ALL COMES DOWN TO FAMILY, FRIENDS AND FOOD.

THAT IS WHAT COOKING IN MY GENES IS ALL ABOUT - I SHARE

MY TAKE ON RECIPES I GREW UP WITH, MY KITCHEN

CREATIONS AND FOODIE TRAVEL ADVENTURES.

SO, WHEN YOU'RE IN NEED OF KITCHEN INSPIRATION COME ON

OVER TO COOKINGINMYGENES.COM - I LOOK FORWARD TO

SEEING YOU THERE!

UNTIL THE NEXT COOKING ADVENTURE,

JESS

