



THIS IS WHERE YOUR PLANNING BEGINS!

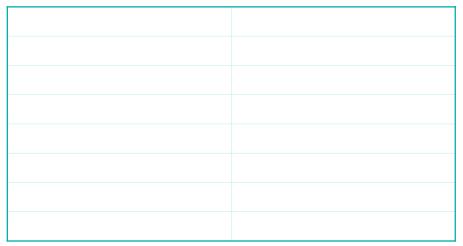
START BY WRITING OUT YOUR FAVOURITE MEALS & SNACKS SO YOU HAVE A RESOURCE TO PLAN YOUR WEEKLY MEALS FROM.

FAVOURITE BREAKFASTS

FAVOURITE	SNACKS
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FAVOURITE LUNCHES

FAVOURITE DINNERS



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YOUR WEEKLY MEAL PLAN

USE YOUR MEAL IDEAS TO CREATE YOUR WEEKLY MEAL PLAN



-	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
TUESDAY				
VEDNESDAY				
THUKSDAY				
FRIDAY				
aturday				
SUNDAY				
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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 <u>COOKINGINMYGENES.COM</u> – I LOOK FORWARD TO SEEING YOU THERE!

UNTIL THE NEXT COOKING ADVENTURE.

JESS

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