

Welcome to Week Three!

Here is our game plan....

Explore Your Kitchen:

- **Prepare:** Print off PDF's and keep them with you as you explore your cabinets. Get all the way to the back and find your hidden kitchen gadgets. Dig them out, wipe off the dust, and read about them from the PDF.
- **Cook:** Find some recipes that use these tools and try them out. Familiarize yourself with techniques and usage. Read the manuals and experiment. This is the fun part. You will be amazed how many kitchen tools you have that can make your life so much easier, if you just learn how to use them properly. Try doing fun things like making vegetable ribbons using a potato peeler and then make vegetable "pasta". Make ice-cream in your blender using frozen bananas. Get creative and try as many new ones as you can.

Explore the Store:

- **Prepare:** Print off the PDF's and bring them to the store. Before you head out, highlight some of the tools you think will be the most useful for you.
- **Shop:** Head to the store, or look online. If budget permits, purchase a new kitchen tool or two. Try them out. I highlighted my top ten favorite and most useful kitchen tools. If you do not have one of my top ten, then go for those first. Any of those tools will make your food preparation so much easier. Remember, less time in the kitchen means more time doing the things you really want to do, like reading a book or playing with your kids and grandkids. Throw a meal in the crockpot and go take a bubble bath while it does the cooking for you! If you don't try these tools you will never know just how much easier they make your life.
- Ask your friends. Do they have any unusual or unused kitchen gadgets that you could borrow and experiment with? Check garage sales! I have found so many awesome kitchen tools at garage sales. How many times do people buy the bright and shiny latest gadget and then never use it, only to sell it practically brand new at a garage sale?! They are a goldmine!

Kitchen Hack:

- **Prepare:** Print off the PDF's and read through them. Highlight some of the kitchen hacks that you find the most interesting, useful, and doable for you.
- **Implement:** Try some of the kitchen hacks. Start with the easiest ones. Chat with your family and friends and ask them about their kitchen tips, tricks and secrets. You will be surprised what you learn when you ask around.

Watch:

- Watch the videos that I have included and give some of my gadgets and recipes a try. You might just find some of your new favorite meals by simply trying out a new cooking tool. Especially berries and homemade whipped cream!

SHARE, LEARN AND ASK QUESTIONS!

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!