

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 goood ... 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

PICK YOUR VEG

Choose what you want to cook with from peak-of-season veggies.



2

COOK YOUR "CORE" RECIPES

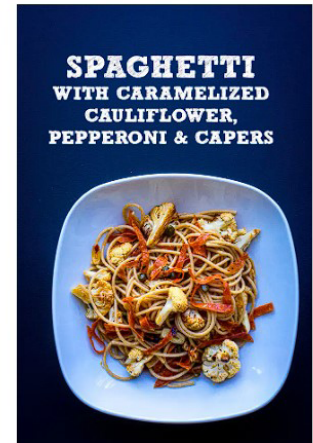
Mix and match simple "Core" Recipes like this one for meal #1.



3

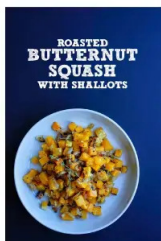
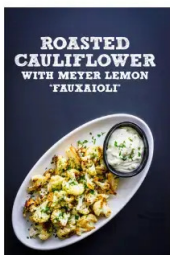
"REINVENT" LEFTOVERS

Re-purpose your leftovers for easy meals throughout the week.



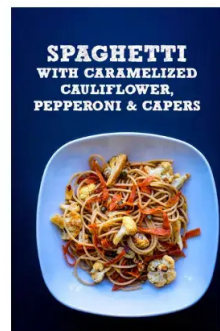
MEAL 1

MIX & MATCH
CORE RECIPES



MEAL 2

REINVENTION
RECIPE



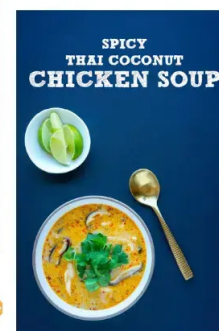
MEAL 3

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:



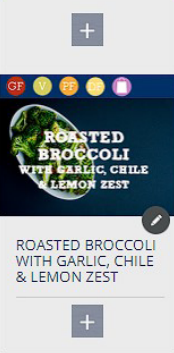
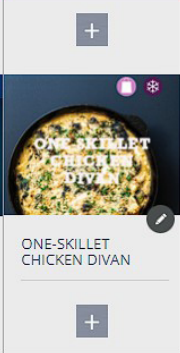


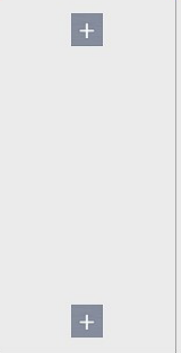
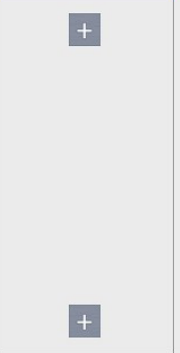
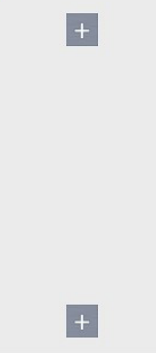
OK ... ARE YOU READY?

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 Roasted Broccoli with Garlic, Chile & Lemon Zest paired with some sort of a 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 Roasted Broccoli, that might be the One-Skillet Chicken Divan (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.

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!).

CORE	REINVENTION
Roasted Broccoli with Garlic, Chile & Lemon Zest	➔ Orecchiette with Broccoli, Kale & Sausage
Roasted Butternut Squash with Shallot	➔ Butternut Squash & Black Bean Tostadas
Braised Kale Trio	➔ Braised Kale Tartines
Addictive Roasted Cauliflower	➔ Leek, Lemon & Cauliflower Fettuccine
Silky Coconut Lime Cabbage	➔ Moo Shu Shrimp
Warm Brussels Sprouts Slaw	➔ Creamy Stove Top Mac with Brussels Sprouts
Roasted Brussels Sprouts with Bacon & Balsamic Glaze	➔ Brussels Sprouts, Apple & Kale Salad with Red Rice
Curried Cauliflower Steaks	➔ Cauliflower Korma
Braised Leeks with Parmesan	➔ Potato & Leek Soup with Crispy Kale
Slivered Swiss Chard Salad	➔ Swiss Chard & Mushroom Tortilla Pie
Garlicky Sautéed Spinach	➔ Pasta with Tuna, Lemon, Capers & Spinach
Orange-Marinaded Beets	➔ Spinach Salad with Orange-Marinaded Beets
Roasted Buffalo Cauliflower	➔ Loaded Buffalo Cauliflower Nachos
Caramelized Turnips with Miso Butter	➔ Pappardelle with Caramelized Turnips & Greens
Oven-Steamed Beets with Cumin & Coriander	➔ Beets & Arugula Salad with Bulgur
Sweet Potato Purée with Honey & Shallots	➔ Peanut Sweet Potato Soup
Garlicky Sautéed Spinach	➔ Spanakopita Puff Pastry Tart
Braised Broccoli with Sherry Vinegar	➔ Pasta with Broccoli Sauce
Chickpeas with Blistered Scallions	➔ Shrimp & Spinach with Chickpea Sauce
Masala-Roasted Sweet Potatoes	➔ Sweet Potato Chaat
Oven-Steamed Beets with Cumin & Coriander	➔ Beet & Wilted Kale Salad with Bacon & Pine Nuts
Addictive Roasted Cauliflower	➔ Roasted Cauliflower & Mushroom Gratin
Swiss Chard with Garlic & Chile	➔ White Bean & Chard Soup with Sausage
Lemony Kale Salad	➔ Pasta with Kale Pesto
Coconut Curry Squash	➔ Coconut Curry Squash & Red Lentil Stew










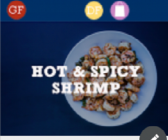





WHEN YOU'RE READY TO *move up* TO 2-3 CORES > 2-3 REINVENTIONS










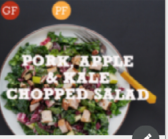








Once you -- and your family -- start to "trust" **Cook the Seasons** recipes, you can add more and more to your Meal Mapper.

Here are 10 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! 😊



SUN	MON	TUE	WED	THU	FRI	SAT
						
						
WOK-SEARED BROCCOLI WITH ONIONS & GINGER	KALE, APPLE & CELERY SALAD WITH SHRIMP	SESAME CASHEW NOODLE BOWL WITH BROCCOLI				
						
HOT & SPICY SHRIMP						
						


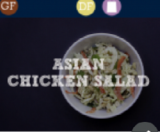
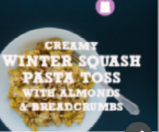



SUN	MON	TUE	WED	THU	FRI	SAT
						
						
SWISS CHARD WITH GARLIC & CHILE	PIZZA WITH SWISS CHARD & SLIVERED SALAMI	PORK, APPLE & KALE CHOPPED SALAD				
						
BUTTERMILK-MAPLE BRINED PORK CHOPS						
						

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>ROASTED BUTTERNUT SQUASH WITH SHALLOTS</p>	 <p>BUTTERNUT SQUASH & BLACK BEAN TOSTADAS</p>	 <p>CREAMY FETTUCCINE WITH MUSHROOMS, PEAS & CHICKEN</p>				
 <p>CHILE-RUBBED CHICKEN</p>						
+	+	+	+			







3

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>CARNITAS DE LIA</p>	 <p>COMFORTING QUICK POSOLE</p>	 <p>BLACK BEAN ENCHILADAS WITH SPINACH</p>	 <p>ITALIAN MIGAS WITH CHARD & SAUSAGE</p>			
 <p>LIA'S BLACK BEANS</p>						
 <p>SLIVERED SWISS CHARD SALAD WITH GARLICKY VINAIGRETTE</p>						

4

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>SIMPLEST ROAST CHICKEN</p>	 <p>ASIAN CHICKEN SALAD</p>	 <p>CREAMY WINTER SQUASH PASTA TOSS WITH ALMONDS & BREADCRUMBS</p>	 <p>NOURISHING RIBOLLITA (BREAD SOUP WITH BEANS & GREENS)</p>			
SIMPLEST ROAST CHICKEN	ASIAN CHICKEN SALAD	CREAMY WINTER SQUASH PASTA TOSS WITH ALMONDS & BREADCRUMBS	NOURISHING RIBOLLITA (BREAD SOUP WITH BEANS & GREENS)			
 <p>WHOLE ROASTED WINTER SQUASH WITH SAGE & PECORINO</p>						
WHOLE ROASTED WINTER SQUASH WITH SAGE & PECORINO						
 <p>SWISS CHARD WITH GARLIC & CHILE</p>						
SWISS CHARD WITH GARLIC & CHILE						


5

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 <p>ROASTED BRUSSELS SPROUTS WITH BACON & BALSAMIC GLAZE</p>	 <p>BALSAMIC BRUSSELS SPROUTS OVER BROWN RICE RISOTTO</p>	 <p>MEAT, POTATO & VEG SKILLET SUPPER</p>	 <p>SHRIMP SALAD WITH CARROT-GINGER DRESSING</p>			
ROASTED BRUSSELS SPROUTS WITH BACON & BALSAMIC GLAZE	BALSAMIC BRUSSELS SPROUTS OVER BROWN RICE RISOTTO	MEAT, POTATO & VEG SKILLET SUPPER	SHRIMP SALAD WITH CARROT-GINGER DRESSING			
 <p>FLANK STEAK WITH RED WINE SAUCE</p>						
FLANK STEAK WITH RED WINE SAUCE						
 <p>SPICED-MAPLE ROASTED CARROT MEDALLIONS</p>						
SPICED-MAPLE ROASTED CARROT MEDALLIONS						

6

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 LEMONY KALE SALAD	 CHIPOTLE PORK TENDERLOIN TACOS	 PASTA WITH KALE PESTO	 MEXICAN TOSSED SALAD WITH PORK & PINTO BEANS			
 SUPER-GREEN MILLET						
 CHIPOTLE-CITRUS ROAST PORK TENDERLOIN						
+	+	+	+			



SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 MASALA-ROASTED SWEET POTATOES	 WHITE BEAN & WINTER GREENS QUESADILLAS	 SWEET POTATO CHAAT				
 WINTER GREENS WITH CARAMELIZED ONION						
+	+	+	+	+	+	+

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



SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 ALL-PURPOSE FRENCH LENTILS	 SPINACH SALAD WITH ORANGE-MARINATED BEETS	 WEEKNIGHT MUSHROOM-SPINACH LASAGNA	 LENTIL & COUSCOUS SALAD WITH MUSHROOMS & RICOTTA			
 ORANGE-MARINATED BEETS						
 ROASTED MUSHROOMS WITH PANKO BREAD CRUMBS						

2

3

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
 CITRUS-CHILE MARINATED TOFU	 KUNG PAO CAULIFLOWER, CHICKPEA & MANGO SALAD	 CITRUS-CHILE TOFU LARB	 UDON NOODLES WITH CHARD & GROUND PORK			
 MAGIC UMAMI SWISS CHARD						
 KUNG PAO CAULIFLOWER						

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.



The Multiples Method

With this method, you just **pick more than 1 Reinvention for a Core**. So if you chose Roasted Broccoli with Garlic, Chile & Lemon Zest as a Core you might choose to make both the Broccoli & Cheddar Quiche AND the Orecchiette with Broccoli, Kale, and Sausage AND the One-Skillet Chicken Divan Later in the week. So you can see I'm making THREE Reinventions from ONE Core.

SUN	MON	TUE	WED	THU	FRI	SAT
+	+	+	+	+	+	+
<div>GF V GF PF</div>  <div>WINTER GREENS WITH CARAMELIZED ONION</div> <div>WINTER GREENS WITH CARAMELIZED ONION</div>	 <div>TURKEY REUBEN BURGERS</div> <div>TURKEY REUBEN BURGERS</div>	 <div>ITALIAN WEDDING SOUP</div> <div>ITALIAN WEDDING SOUP</div>	<div>GF GF PF</div>  <div>WHITE BEAN & WINTER GREENS QUESADILLAS</div> <div>WHITE BEAN & WINTER GREENS QUESADILLAS</div>	<div>GF</div>  <div>ROASTED LEMON-PARMESAN CAULIFLOWER</div> <div>ROASTED LEMON- PARMESAN CAULIFLOWER</div>	<div>PF</div>  <div>CRUSTLESS ED ONION-CAULIFLOWER QUICHE</div> <div>CRUSTLESS CAULIFLOWER-RED ONION QUICHE</div>	<div>PF</div>  <div>CAJUN-CREOLE CATFISH WRAPS</div> <div>CAJUN-CREOLE CATFISH WRAPS</div>
<div>GF</div>  <div>SHAVED FENNEL CABBAGE & CARR</div> <div>SHAVED FENNEL, CABBAGE & CARROT SLAW</div>				<div>GF PF</div>  <div>CLASSIC BLACKENED CATFISH</div> <div>CLASSIC BLACKENED CATFISH</div>		
 <div>NOURISHING ITALIAN MEATBALLS</div> <div>NOURISHING ITALIAN MEATBALLS</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.**



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