

# Organise your Recipes and Meal Planning Kickstart Program

Presented by MaryAnne Bennie BEd, MBus

Author of *Paper Flow the ultimate guide to making paperwork easy*

Everyone is sick of hearing the question "What's for dinner?" Wouldn't it be great to know what you eating, to have all the recipes at hand and to have a prepared shopping list for the ingredients you need ready and waiting for you every day?

This workshop will save your sanity and nourish your family all at once.

## It's time to get your meals sorted!

This action packed program will enable you to:



- Determine your meal time goals and criteria
- Have a collection of meal ideas from which to choose
- Create 4 one-week meal plans that suit your family and lifestyle
- Have your recipes matched to your meal plans
- Organise your other recipes into folders
- Have a method to collect more recipes as you encounter them

### Workshop Format:

- 09.00 Arrive and set up your personal workstation
- 09.30 Recipe Organising and Meal Planning Theory Workshop (90 minutes)
- 11.00 Morning Tea
- 11.20 Recipe Organising and Meal Planning practical session where you work on your personal project
- 12.30 Lunch
- 01.10 Recipe Organising and Meal Planning practical session where you work on your personal project
- 03.10 Afternoon Tea
- 03.30 Recipe Organising and Meal Planning practical session where you work on your personal project
- 04.30 Wrap up and pack up
- 05.00 Time to go home to cook up a storm

**MaryAnne Bennie will be available to assist you and answer questions for the whole day!**

### What to bring:

- Notebook and pen (workshop notes are provided)
- Unsorted recipes
- Favourite recipes and books
- Meal ideas
- Binders and folders you might like to use (some available for purchase)
- BYO Lunch (morning and afternoon tea is provided)

### Details:

- When:** Sunday 17 October 2010
- Time:** 9.00am-5.00pm
- Where:** SIXTY2HIGHBURY 62 Highbury Road Burwood VIC 3125
- Price:** \$97 per person
- Booking:** Go to [www.paperflow.com.au/events.html](http://www.paperflow.com.au/events.html) or call MaryAnne on 0418 597 297 for more information.

Places are limited to 10 people each day, so book early to avoid disappointment. Winter is the ideal time to learn how to sort and organise your recipes and meals.

Working alongside 9 other people will be all the inspiration and motivation you need to really get into your meal planning and recipe organising and get it done once and for all!