

Organizing Café:

Now scheduling classes for Get Organized Month in January 2009 and beyond. Contact us to schedule for your group.

Featuring a new workshop on decision styles & procrastination.

The Other 30 Meals This Month

I recently moved, so I've had to find all new everything, and that includes food stores. And that means I've had to change some of the actual foods we eat and meals we cook as well. As much as I think Rachel Ray is a genius with her 30 Minute Meals, some days I have to resort to the 10 minute meals. If most meals, not just The Big One coming up on Turkey Day, are a stress in your day, here are some ways to simplify. Of course, don't forget that shopping, prep, serving and cleanup are all parts of the meal, so look for ways to simplify in all areas. Bon Appétit!

Consider This

A friend once told me she heard that having food always visible meant that you had weight issues. Peter Walsh thinks your stuff makes your butt look big. I'm not completely sure I buy either.

But I do believe that having stuff, including junk food, randomly invade your space means that you aren't making purposeful decision that promote a healthy you.

So leave food on the counters...fruit and other healthy options, that is. The more you make good decisions part of your planning, the easier it is to make good decisions on the go!

Let's Talk Turkey

1. **One word...Crock-pot!** Mom needs a night off, whether you are gone most of the day or not. With 2 well-loved recipes that have less than 8 ingredients and require less than 8 minutes of prep work, you can get back 8 nights a month. Wow!
2. **Ban food coupons.** I realized long ago that coupons just make me buy stuff the stores promote. Face it, coupons are clutter.
3. **The Silence of the Yams.** The best food actually doesn't come in a package, doesn't offer coupons, and doesn't have high fructose corn syrup or partially hydrogenated anything.
4. **Deception Approved.** Don't make a big deal about substitutions. Add ground turkey to chili. Hide mashed veggies in mac & cheese. Tofu dogs? With ketchup and mustard, you can't tell the difference.
5. **Recipes.** The *80/20 Rule* rules again. You know your favorites by heart. Try only one or two new dishes a month. Think of all the cabinet space gained by ditching the rest!
6. **Kitchen Clutter Campaign.** Before the holiday arrives, sort & purge. You won't use what you don't know you have. If you don't use that holiday platter this month, you never will. If you can get to everything, cooking might just be easy & fun again.

Simple Tip: Deport internet recipes to the kitchen immediately upon printing them from the home office!

[Subscribe](#) or [unsubscribe](#) via email. Your info will not be sold or traded. We promise!

Next Issue: The Emotional Stuff. www.HeartWorkOrg.com