

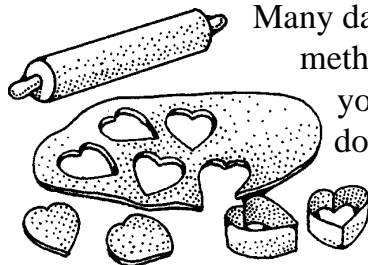
Meal Preparation

Preparing meals is a very time consuming but important task for a woman. You can learn ways to save time and provide nutritious meals on a budget by planning. Simplify meal preparation by knowing ahead of time what to cook. Many meals can be prepared in large quantities so at other times no cooking will be necessary.



Mark a time on your calendar for dinner preparation.

Baking



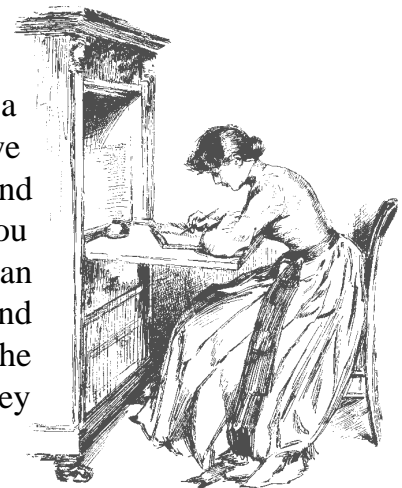
Many days pass with very little meal preparation with my method of menu planning. If you follow my routine you can take some of your meal preparation time to do some baking, and possibly include your children.

Many women prefer baking on one particular day. When I was young my mother baked every Saturday morning.

Mark a time on your calendar for baking if you like.

Planning

Part of every woman's routine needs to include a time to plan for other tasks. Without planning we can miss bill payments, lose important papers and run out of grocery money and groceries. As you go through this course, you will learn how to plan your errands, grocery shopping and finances and paperwork. Planning is important because the more organized you are, the more time, money and energy you save.



Mark a time on your calendar for planning.