

Morning Routines Made Easy

1 Hour Prep-Ahead Step-by-Step

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Gather Ingredients (5 Minutes)

- Gather ingredients for 5 breakfasts, 5 lunches, and 10 snacks
 - Fresh vegetables
 - Fruit
 - Oats
 - Ingredients for any breakfast recipes
 - Cereal
 - Bread
 - Snacks
 - Dried fruit
 - Seeds
 - Agave syrup or honey
 - Jif Peanut Powder
 - Melting chocolate (optional)
- Supplies
 - Baking tray
 - Mixer
 - Measuring cups
 - Snack bags
 - Lunch boxes
 - Containers
 - Knife (or 2)
 - Large cutting board
 - Parchment paper (optional)
 - Snack bags
 - Containers
 - Sharpie
- Preheat oven to 375°



Mix Granola Bar Ingredients (5 Minutes)

- Follow the directions in the recipe above
- Press granola out on baking sheet
- *Tip: parchment paper makes for easy clean up*
- Slide into oven and set timer for 15 minutes



Prep Breakfast (10 Minutes)

- Create a rotating breakfast and lunch meal plan
- Premeasure all ingredients for breakfast (i.e. oatmeal into a plastic bag or container with salt, cereal in kid-sized portions, pancake recipe in a container for easy mixing)
- Label all prepackaged containers/bags with directions if you need them or have kids who can help

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Prep Snacks (10 Minutes)

- Chop and package vegetables in snack-sized containers or bags (You get to cheat a little here. Want to make sure YOU have a well balanced lunch? Chop veggies for some salads too.)
- (After 5 minutes the timer will go off to set granola bars out to cool for 15-20 minutes.)
- Set aside all morning and afternoon snacks - if not in individual bags, repackage them. An easy way to let kids help with morning routines is to add their name and a number to the package - 1,2, 3, 4, 5 - depending on what day the snacks are for. This way they can pack their lunches every evening or morning even if they can't read.
- Organize one shelf in a cabinet and in the refrigerator with the meals and snacks for the week.

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Prep Lunches- Salads, sandwiches, soups, oh my! (20 Minutes)

- Soup! If you don't use leftovers for lunch throw ingredients for an easy vegetable soup in the slow cooker for overnight. In the morning you have soup for the week.
- Sandwiches! Prep sandwich ingredients in individual serving ahead of time but don't assemble them since they get soggy and yucko
- Salads! Chop more vegetables if you need to for hearty lunch salads.
- Prepack whatever you can in the kids' and/or your lunch box
- Oh, oh, oh! Those granola bars should be all ready to cut. Melt some chocolate in the microwave while you cut your granola bars then put the melted chocolate in a piping bag or plastic baggie and snip a tiny corner out. Then pipe chocolate across the top and let the bars sit to harden.
- Done with lunch prep? Awesome! We're ahead of schedule. If not, let's get it wrapped up and move on.

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Put Your Feet Up Or... (10 Minutes)

- Gather clothes for everyone for the week even if you just gather socks and underwear. It's time to put your feet up for a few minutes or finish this hour out strong! Relax and enjoy the fact that in just under an hour you did so much prep-ahead that your morning week day routines will be that much easier.
- Gather clothes for everyone for the week even if you just gather socks and underwear.
- Relax and enjoy the fact that in just under an hour you did so much prep-ahead that your morning routines will be that much easier.
- Congratulate yourself! You have super yummy granola bars to pack in your purse for those days you forgot to grab a bite of breakfast before heading out for a busy day.