

The Four Reasons You Dread the *What's for Dinner?* Question



And how to Master Mealtime with Ease



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Did you know that frequent family meals are associated with numerous social, emotional and nutritional benefits?

So why are you still struggling to get dinner on the table?

The Dinnertime Dilemma

There are hundreds of studies supporting the positive benefits of family mealtime, yet we still continue to struggle with the *What's for Dinner?* question.

I get it! In between your work life, family life and social life, there is a long list of things to do and never enough time, energy, or inspiration to tend to the *What's for Dinner?* question.

To help you get past this dinnertime dilemma, you turn to the web for some inspiration, you endlessly search for 30-minute recipes, meal prep or meal planning guides, and read countless blogs offering tips and tricks with the hopes that you'll find something to help you overcome the overwhelm when it comes to making dinner and enjoying it with your family.

While these recipes and tips for meal planning may work for a while, eventually you realize that you are still stressed and struggling with finding the time, energy and inspiration to prepare and serve meals. As a result, you find yourself reaching for more convenient food options - take-out, frozen foods or prepared food delivery services that either cost you extra money, or simply are not the healthy food options you desire.

Does this sound like you?

If you strive to experience the benefits of home-cooked meals enjoyed together with your family, but don't know how to overcome the overwhelm when it comes to dinnertime, let me show you how you can quickly and effectively '*reconnect with the food you eat and the family you love.*'



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What Makes this Method Better than What You've Been Doing?



I'm Laura Everage, a successful writer, editor and Culinary Lifestyle Coach with more than 25 years experience in the food and kitchenware industries. A champion of home cooking, I founded Family Eats with a mission to inspire others on a journey to ***“reconnect with the food we eat and the family we love”***.

That's been the Family Eats mantra since 2008.

As a mother of four, there was a time when I was overwhelmed with mealtime. I wanted to prepare healthy, home-cooked meals for my family, but I constantly felt the pull of convenience foods. I knew that my family would benefit mentally, physically and emotionally from a lifestyle that included healthy, homemade meals that we could all enjoy together. Yet I continued to struggle with not having enough time, energy or inspiration to cook. I felt like a failure. And on top of that, I was spending a lot of money on take-out or restaurant food.

One day, I had enough, and decided to do something about it. As I began my journey to change my ways I found myself endlessly searching cookbooks for recipes that would accommodate the picky eaters of the family. I turned to the internet for meal plans and other tips that could help me through the process. And I tried prepping meals on Sunday so that I wouldn't feel the pressure of preparing meals during the week when the kids were hungry and cranky. These efforts seemed to work for a few weeks, but eventually I fell back into my old ways.



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After repeatedly turning to my old methods, only to fail a few weeks down the road, I decided to take a deeper look into the factors other than the meal planning and prep tools I found online, that kept me from dinnertime success. I took what I learned from this process and created an approach to help me overcome the overwhelm when it came to dinner time – it's what I call the Mastering Mealtime with Ease method.

That was 15 years ago, and the process that I created way back then is the process that I continue to use today. It's a process that has helped my family move through different life stages. What I have found is that when I use my **Mastering Mealtime with Ease** framework, I could quickly learn how to deal with any changes that I met - from rising food costs to food waste, and from reducing our meat intake to gathering together with the family for meals more frequently.

In this guide, I'll show you what it takes to transform your lifestyle, so you no longer struggle with the *What's for Dinner?* question, and can find the time to prepare healthy homemade meals and enjoy them together with your family.

The main reason you will love my **Mastering Mealtime with Ease** method is because I am obsessed with helping others make positive changes to their mealtime routine.

Isn't it time you start *reconnecting with the food you eat and the family you love?*

Book a Free Mastering Mealtime with Ease Consult Call [HERE](#)

That being said, let's get into the Four Reasons you Dread the 'What's for Dinner?' Question, and learn how you can start your journey of Mastering Mealtime with Ease



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Reason #1

You Don't Have Time to Cook



Finding the time in our hectic lives to get dinner on the table fast, can seem impossible. And when there are many options to cut down on the time needed to prepare dinner — ordering out, or grabbing convenience foods — we are often tempted to choose these options, simply because they seem an easier method to get the end result — which is getting food on the table for your family.

The truth is, there is no shortage of blogs, books, apps and ‘hacks’ all created to help you get meals on the table in a short amount of time. Yet when you use these ‘tools’ you soon find yourself frustrated with the process, because no matter how effectively designed these tools might be, in the end they don’t work for you because they assume your needs and time constraints are universal — the same as everyone else.

Instead, the process I recommend will help you identify and understand the ‘events’ in your daily life that are making you feel that you don’t have time to cook every evening. By moving through this process, you’ll find your peak performance time and choose to use the tools (like meal planning, searching for recipes or prepping) that work for your family’s specific needs. You’ll also gain the confidence to adapt in the moment to accommodate for things that have unexpectedly come up.



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Reason #2

You're Too Tired to Cook



Preparing meals at home is beneficial in so many ways. Doing so saves us money, and when properly planned, saves us time. BUT, preparing nutrient dense dinners with enough variety to make sure no one is ever bored can be tiring, especially when you are the one doing the bulk of the cooking. When you are tired — and unmotivated - there truly is no joy in the process. Instead, mealtime planning, prepping, and cleanup is considered a task that you just want to get beyond . . . So you can relax.

There is no denying that just the thought of cooking can be exhausting: From planning a meal to shopping for ingredients, and from cooking to cleaning up (and everything in between), especially after a long day at work, driving kids to after school activities, helping them with homework . . . No wonder we often choose convenience foods to help us get dinner on the table!

I, too, felt the same way. With four young kids, a work-from-home job, followed by preschool pickup and after school activities, I struggled to get dinner on the table every evening – without having a meltdown myself.

The problem was, I thought I was doing all the right ‘things’ – meal planning, creating grocery lists, prepping snacks for our to-go adventures, yet when 4 p.m. rolled around, I could feel this sense of dread take over. Sure, I had a specific meal planned for that evening, and knew I had all the right ingredients on hand, yet I was still overwhelmed when dinnertime came around.

I was unclear about what was derailing my mealtime efforts, so I set out to understand why – and to find a way to change. What I realized was that I was using all the tried-and-true tactics - meal planning and prepping, for example - yet I was using them all wrong. What I realized was that it was more about changing my routines. By creating a new mindset, and learning how to use the right ‘tools’ for our lifestyle, I once again found the joy in preparing meals.

Through my method, you’ll learn how to build upon the time-management processes discussed previously, and incorporate the methods and tools that are available to you. By creating specific strategies that work for YOU, you will quickly begin to see a change in your mindset and energy level when it comes to getting dinner on the table.

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Reason #3

You Don't Know What to Cook



The process of preparing meals is essential to our well being. But with our increasingly hectic lives, so many things pull our attention away from the process of preparing meals, that we often consider it a burden. This is especially true when we struggle with **what to cook**.

The reason you struggle with what to cook is because you're searching for all the wrong recipes. The 4-week meal plan you found online sounds perfect, but 2days in and you just can't seem to follow it. That's because it's filled with recipes that don't fit your lifestyle, tastes, or even the way you cook

By building the tool set needed to find new and inspiring recipes for your family, you will no longer struggle with wondering what to cook. In addition to building a collection of recipes that will work for your family, you'll build on your new meal planning skills so that you can better deal with food costs, food waste and food variety.

Additionally, we'll focus on all the elements that feed into how you purchase your foods, why you purchase those foods, and where you do your shopping. It is a process of taking what you learned in the planning stage and transforming it into action. In the end you will have the confidence to build a recipe library that your entire family will love. You'll learn the simple methods to help you decide what to cook — and to cook something that even your pickiest of eaters will enjoy.



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Reason # 4

You Don't Find Joy in Cooking

The reason you don't find joy in cooking is that you're overwhelmed with the process. You've tried various different ways of helping you get meals on the table, but these methods eventually fall short of helping you reach your goals.

When you don't have a clear plan of action, gathering together for meals will be stressful for the one who is in charge of making it happen. Worse yet, that stress is also felt by the rest of the family.

The truth is, most are following the wrong method and they don't even know it. If you have been struggling with the What's for Dinner? question for a long time, and you're tired of trying to find another way to get dinner on the table without all the stress, then the Mastering Mealtimes with Ease program is for you!

After many years of hearing about clients struggling with lack of time, energy and inspiration for what to cook, while searching for one method after another to help them get over the dinnertime dilemma, I created the Mastering Mealtimes with Ease program. It is designed to help bring the joy back into cooking so that you can create the lifestyle you desire.

Why the Mastering Mealtimes with Ease Program Will Change Your Life

There is a disconnect between wanting to make a change, and making the change. I get it, our lives are busy and it is this hectic lifestyle that puts mealtimes on the back burner.

I've downloaded and used the meal planning and prep processes others use, and realize exactly why they make you move in the wrong direction. It's because they are focused on one aspect of the problem. Mastering Mealtimes with Ease method has helped me (and countless others) reduce the stress associated with mealtimes, and come to enjoy the food we eat and the family we love. If that's what you desire, the Mealtimes Made Easy program is for you.

The main reason you are going to love this is because I get right to the core of the problem, and work with you to use the Four Pillars Process according to your own personal needs. Because I know it has worked for me throughout the years, and as my struggles changed with my growing family, I am enthusiastic about helping you transform your relationship with planning, purchasing, preparing and partaking in meals together. From the start, you will get clear on your struggles, set your goals, and begin the steps to creating change. By following the process, you'll quickly realize that you do have the time, that mealtimes can be enjoyable, and you'll experience the benefits of sitting down together.

My method will take you through all the steps needed to help you create new habits that fit within your lifestyle. And, once you learn the process, you will continue to hone your efforts, and when a new struggle comes around, a new goal, a new lifestyle, my method will help you overcome that challenge.

Whatever your goals are, big, small, or many, the Mealttime Made Easy program will help you reach those goals and transform the way you think about mealttime. I assure you, that if you follow this program, you will start to see results within just one week.

If you are ready to start your journey to overcome the overwhelm in the kitchen, schedule a one-on-one consultation call with me.

During your FREE consultation call with me, I can show you how the Mastering Mealttime with Ease program will transform your life. As a result of the session, you will identify the barriers you are facing and we can set up an individualized program that will help you make the change you desire.

Just a heads up, this consultation call is valued at \$500. However, because you've downloaded this guide, I am giving a limited amount of these calls for free. Book today for the free call and start your journey. Don't miss out on this opportunity. Get a free consultation call with me and I can show you exactly how to apply my method into your life.

As a result of this session, you will gain a better understanding of what has been stopping you from Mastering Mealttime with Ease.

Don't miss out on this opportunity to *reconnect with the food you eat and the family you love.*

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I look forward to speaking with you!
~ Laura, Culinary Lifestyle Coach
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