

Welcome to THE SIMPLICITY KITCHEN

I threw out the notion that a feast had to be created each and every day, and instead allowed myself to move intuitively in my kitchen. My only rule became that I would not spend hours on end cooking to create a single meal. I began batch cooking and learning how to take one recipe and stretch it into many variations so I could use up ingredients fully, maximize my time, and make room for more living and less loathing about food prep. I would read recipes and find inspiration but I rarely stuck to the rules (shocker I know, LOL). I changed up quantities, ingredients, cook time, etc., and I was more often than not pleasantly surprised and satisfied with the outcome, and so was my family.

I started to compile my creations, offering them up to clients in their meal plans, family and friends, and to you the reader of my first book *The Simplicity Project*; the feedback was great and people wanted more! I started referring to myself as the Chuck-it-in queen, because of my ability to open the fridge and where most people would look inside and see nothing to eat, I would be able to whip up mouth-watering “chuck-it-in” dishes in no time.

I almost named the book “Chuck It In!” Maybe the next one.

My goal in creating this book was to help other women, mothers, and families feel better equipped and more confident in their kitchens. I encourage you to take chances and try something new. Ultimately, I want you to step outside of the box in thinking that every day your meals must have meat and potatoes, or that the only quick family options are those that come out of box topped with ketchup or a drive-thru window in a brown bag.

My wish for you is that you give YOURSELF permission, like I did so many years ago, to simply start having more fun in the kitchen and to chuck the rules. Crank the music, pour some wine, and invite your children, hubby, and family to join in. Tweak and create your own incredible version of my recipes to help you live with more simplicity and ease in all you do.

You're not alone in feeling like preparing meals is daunting and boring, but it doesn't have to be. Before I plan out my grocery list I ask my family what they feel like eating this week. My son, Sam, gets to pick a meal. My daughter, Emerson, chooses one and, of course, Chris, my husband chooses a meal as well. I then fill in the gaps with my own choices and plug these meals in based on our schedule. If it's a night where we have hockey and dance, and Chris and I are passing ships; this is not a night where an elaborate recipe is going to happen. I have to choose quick meals that I can either prep during the day or use something left over from the night before. On the nights when we're home and I can take more time, I put on some music, have an herbal tea or a glass of wine, and make the best use of my time in the kitchen, batch cooking to set myself up for a fresh meal that night, and plentiful leftovers for lunches the next day and dinner as well.

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Remember, at the end of the day, we are not only what we eat but more so what we digest, breakdown, and absorb, so as simplified as we want our meals to be they also need to be nutritious. Keep in mind that, when you're making the conscious effort to invest a little more into your health; meal-prepping, choosing organic, non-gmo produce and foods more often and filling your plate with natural colour—that your body and cells are listening and saying thank you.

If you're looking at most of your meals and recipes and realizing that many are white, beige, or brown in appearance, lacking life and beauty, your body will also begin to lack these attributes too. We cannot eat processed, less than healthy foods with no life-force themselves, and expect our bodies, physically, mentally, and emotionally to thrive. It simply won't happen. So pull up your big girl panties, crack open a bottle of vino (organic of course), and begin to explore a whole new way to create more simplicity in the kitchen!

In love, lettuce, and gratitude,

-jenn xoxo



@jennpike



@simplicityjenn



@thesimplicityproject

Use the hashtag #TheSimplicityKitchen to share your recipes
and your journey.