

WELCOME TO YOUR FRUM MINIMALISM PLANNER!

To make the most of this planner, I want to explain how to use every element effectively.

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GETTING STARTED

First, it's a great idea to get high-quality tabs so you can easily differentiate between the different sections of the planner. You could use sticky notes or sticky bookmarks, but the best option would be to invest in good-quality tabs.

CLEANING AND CHECKLISTS SECTION

In my course, I encourage my students to develop lasting habits. This planner is designed to help you establish a routine and rhythm. Following the daily, weekly, monthly, and seasonal schedules ensures your home never gets out of control.

In this section, you will find various checklists to guide you throughout the year. The goal is to spend no more than half an hour each day resetting your home to a state where you feel calm and happy. **If you are spending more than half an hour tidying up and cleaning each day, you might have a clutter problem.** However, with minimal clutter, maintaining your home should take no more than half an hour daily.

This section also includes weekly and monthly chores to help you maintain your home consistently.

I encourage my students to plan out each day, week, and month in advance. This is helpful because it gives you an overview of what's coming up, allowing you to plan accordingly. There are checklists to assist you in this process.

This section also includes checklists for all the different Yomim Tovim, as well as spaces to add your notes.

MONTHLY CALENDAR SECTION

At the beginning of each month, review the calendar and fill in important tasks, appointments, and events. After the monthly calendar, you will find pages for your daily planner.

At the top of each daily planner page, circle or write down the date. Then, jot down what you plan to make for dinner that night. We will cover meal planning in more detail later.

For daily tasks, focus on the top three tasks—these are also known as the Most Important Tasks (MITs). Limiting yourself to three key tasks helps maintain focus and prevents you from feeling overwhelmed. It allows you to prioritize what truly needs to be accomplished, ensuring you make significant progress each day without spreading yourself too thin.

DAILY NON-NEGOTIABLES AND HABIT TRACKING

At the end of each month, you'll find a page labeled "Daily Non-Negotiables." I'm a strong advocate for establishing daily non-negotiables—things you commit to doing every single day, no matter what. These could include exercising for half an hour, drinking a cup of water, eating a salad, making your bed, or engaging in spiritual practices like saying Tehillim or davening Mincha. Each month, you can focus on different non-negotiables.

For tasks that come easily to you, these non-negotiables will be a breeze. However, if you find certain tasks challenging, the next page, "Habit Tracking," is designed to help you.

If there's a new habit you want to start, such as making your bed, and it doesn't come naturally, research shows that it takes 30 days to form a new habit. The habit tracking page includes various charts to help you with this. Next to the new habit, write down what you'd like to work on. Each day, mark an X or cross off the square until you've completed 30 days in a row. Congratulations, you've now formed a new habit!

GOAL SETTING SECTION

This next section, "Goal Setting," is my favorite because I genuinely believe that when we write down our goals and aspirations and create a plan to achieve them, we are far more likely to succeed.

Writing down your goals is a powerful practice. It transforms vague ideas into concrete objectives and gives you a clear vision of what you want to achieve. Setting deadlines for each goal is crucial because it creates a sense of urgency and accountability. Without a deadline, it's easy to procrastinate or lose focus.

In this section, you will find charts where you can outline the action steps needed to achieve each goal. Here's how to use them effectively:

1. **Define Your Goals:** Write down what you want to achieve. Be specific and realistic.
2. **Break It Down:** Divide your goal into smaller, manageable action steps. This makes the goal less overwhelming and more achievable.
3. **Set Deadlines:** Assign a due date for each action step. This helps you stay on track and maintain momentum.
4. **Track Progress:** Mark off each action step as you complete it. This visual representation of your progress can be incredibly motivating.

For example, if your goal is to declutter your home, your action steps might include:

- Week 1: Declutter the living room.
- Week 2: Organize the kitchen.
- Week 3: Tidy up the bedrooms.
- Week 4: Sort out the garage.

By writing down each step and setting deadlines, you create a clear path to achieving your goal. Remember to celebrate each milestone along the way. This will keep you motivated and committed to reaching your aspirations.

Using this goal-setting section will help you stay focused, organized, and motivated, making it much more likely that you will achieve your dreams.

By following these guidelines, you can maximize the effectiveness of your Frum Minimalism Planner and create a more organized and stress-free life.

MEALS AND MENUS SECTION

If you are my student or have read my book, you know that this meal-planning approach is inspired by the way my grandmother and mother plan meals. It's a daily non-negotiable for them, operating on autopilot. They prepare food every single day for their families, even when they have young children at home. The beauty of this meal planning is its simplicity.

Why Minimalist Meal Planning? Most of us have experienced mealtime stress: the kids are hungry, it's getting late, and suddenly, we panic about what to make for dinner. With a little planning, you can eliminate this pre-mealtime stress for good. By following a consistent meal plan, you won't need to worry about what's for dinner each night.

Why Meal Planning Matters Meal planning is crucial for a minimalist lifestyle because it saves:

- **Time in the Kitchen:** Less time cooking means more time for yourself and your family.
- **Time Thinking and Planning:** No more last-minute menu dilemmas.
- **Time Shopping:** A well-planned menu streamlines your weekly grocery trips.
- **Mental and Physical Energy:** Say goodbye to dinner-related stress.
- **Money:** A meal plan reduces the likelihood of ordering takeout or eating out.

Five Simple Rules for Good Meal Planning:

1. **Easy to Prepare:** All recipes take 10 minutes of prep time or less.
2. **Healthy and Nutritious:** Recipes must be healthy, and filling, and include a variety of food groups.
3. **Family Approval:** Meals should be liked by the entire family.
4. **Easy to Clean Up:** Cleanup should be minimal, ideally using 1-2 pots or baking dishes.
5. **Organization and Preparedness:** Use a different protein each day of the week and ensure you have all the necessary ingredients ready.

Getting Started:

1. **Choose a Protein:** On the left side of your meal planning chart, assign a specific protein to each day of the week, rotating every other week. For example:
 - Sunday: Shabbos Leftovers
 - Monday: Chicken
 - Tuesday: Ground Meat
 - Wednesday: Fish
 - Thursday: Dairy
2. **Select Recipes:** For each protein, choose four or five easy-to-make recipes that your family likes. Here are some options to consider:
 - **Ground Meat:**

- Spaghetti and meatballs
- Hamburgers
- Sloppy Joe's
- Hummus and ground meat
- Shepherd's pie
- Tacos
- Stuffed bell peppers
- Meatloaf
- Chili
- **Meat:**
 - Steak
 - Lamb Chops
 - Ribeye Steak
 - Beef Kebabs
 - Beef Stew
 - BBQ Meat
 - Meat Pizza Brisket
- **Chicken Cutlets:**
 - Schnitzel
 - Chicken stir-fry
 - Grilled chicken cutlets
 - Chicken fajitas
 - Baked chicken
 - Chicken Caesar salad
 - Chicken and vegetable skewers
 - Chicken curry
- **Fish:**
 - Salmon with green beans
 - Tilapia with mashed potatoes
 - Fish tacos
 - Baked cod with vegetables
 - Tuna casserole
 - Baked fish with lemon and herbs
 - Grilled fish with salad
- **Dairy:**
 - Cheese quesadillas
 - Macaroni and cheese
 - Vegetable lasagna
 - Cheese and spinach stuffed shells
 - Lasagne
 - Homemade pizza
 - Eggplant Parmesan
 - Cheese omelet
 - Grilled cheese sandwiches

- **Plant-based:**
 - Vegetable stir-fry with tofu
 - Lentil soup
 - Chickpea salad
 - Veggie burgers
 - Quinoa and black bean salad
 - Stuffed portobello mushrooms
 - Sweet potato and black bean enchiladas
 - Ratatouille

Super Quick Meals: Identify a few super quick and easy meals that take under 5 minutes to prepare. These can be frozen meals, crockpot meals, hearty soups, or healthy pasta. Here are more options for your super quick meals:

- **Crockpot Chicken and Vegetables:** Throw chicken, potatoes, and carrots in the crockpot with some spices in the morning.
- **Frozen Stir-fry Mix:** Use frozen veggies and pre-cooked protein, and stir-fry with sauce.
- **Quick Pasta:** Whole-grain pasta with marinara sauce and a side salad.
- **Hearty Soup:** Lentil or vegetable soup made in advance and frozen in portions.
- **Simple Omelet:** Eggs with pre-chopped veggies and cheese.
- **Quesadilla:** Tortilla with cheese and leftover veggies/meat, grilled quickly.
- **Salad Bowl:** Pre-washed greens, canned beans, pre-cooked grains, and a simple dressing.

Clean-Up Tip: Most of my recipes use one pan or one pot, combining veggies and grains, which simplifies cleanup.

Easy Breakfast Ideas:

- Smoothie bowls
- Overnight oats
- Greek yogurt with fruit and granola
- Egg muffins
- Avocado toast
- Fruit and nut bars
- Whole-grain cereal with milk

Easy Lunch Ideas:

- Turkey and cheese wraps

- Quinoa salads
- Veggie and hummus pita
- Chicken or tuna salad
- Pasta salads
- Leftover dinner
- Soup and sandwich combos
- Bento box with assorted small portions

Vegetable Options:

- Israeli salad
- Lettuce salad
- Leaf salad
- Cut-up vegetable sticks
- Grilled vegetables
- Veggies in the dish
- Steamed broccoli
- Green beans
- Soup

Sides Options:

- Roasted potatoes
- Mashed potatoes
- Oven-fried French fries
- Sweet potato fries
- Rice
- Quinoa
- Bread (garlic, pita)
- Rice noodles
- Spaghetti

Shabbos and Yom Tov Meal Planning

For Shabbos and Yom Tov, planning in advance can significantly reduce stress and ensure that your meals are both enjoyable and manageable. Here's how to approach this planning to make your preparations as smooth as possible:

1. Plan Your Menu:

Just as with daily meals, planning for Shabbos and Yom Tov involves creating a list of dishes your family enjoys. This list should include:

- **Salads/Salatim/Dips:** Choose a variety of easy-to-make salads that your family enjoys.
- **Fish:** Pick a selection of fish recipes that are both simple to prepare and popular with your family.
- **Side Dishes and Extras:** List side dishes and extras that complement your main courses.
- **Mains:** For the main courses, select dishes that are crowd-pleasers and require minimal preparation.
- **Desserts:** Have a list of easy and enjoyable desserts to finish off the meal.

2. Fill Out Your Chart:

Using your Shabbos and Yom Tov planning charts, list out your chosen salads, fish dishes, sides, mains, and desserts. This creates a comprehensive menu plan and makes shopping and preparation much easier.

3. Reduce Stress with Planning:

By filling out these lists in advance, you remove the last-minute scramble. Knowing exactly what dishes you like, is easy to prepare, and having a go-to list of recipes makes the process much more manageable. You'll have a clear plan, and your meals will be both enjoyable and stress-free.

EVENT PLANNING SECTION

Event planning can be a breeze with a structured approach. This section of your planner is designed to help you stay organized and ensure nothing is overlooked. Here's how to use it effectively:

1. Fill Out the Event Details:

Start by entering the basic information for each event:

- **Event Name:** Describe the event (e.g., birthday party, wedding, Simcha).
- **Date of the Event:** When will the event take place?
- **Deadline for Preparation:** When do you need everything ready?

2. Break Down the Tasks:

On the left side of the chart, list all the tasks needed to prepare for the event. Include:

- **Tasks to Complete:** What needs to be done?
- **Who Will Do It:** Assign responsibilities to individuals or teams.
- **Estimated Time:** How long do you think each task will take?
- **Due Date:** When does each task need to be completed?

This breakdown helps you manage each aspect of the event efficiently and ensures that you can keep track of progress.

DECLUTTERING SECTION

The decluttering section in your planner is versatile and can be applied to general decluttering, deep cleaning, and Pesach cleaning. Here's how to use it:

1. Define Your Decluttering Goals:

- **Area/Item to Declutter:** Specify what area or items you're focusing on (e.g., kitchen cabinets, closet, office space).

2. Create a Task List:

For each decluttering project, list out:

- **Tasks to Complete:** What steps are needed?
- **Who Will Do It:** Assign tasks to yourself, family members, or cleaners if needed.
- **Estimated Time:** How long will each task take?
- **Due Date:** When should each task be finished?

3. Track Your Progress:

As you work through your decluttering tasks, check off completed items and adjust your plan as needed. This keeps you organized and ensures you meet your cleaning goals effectively.

IN SUMMARY

This planner is designed to help you make the most use of your time.

Ultimately, time is in Hashem's control, but we need to do our hishtadlus (effort). By planning effectively and staying organized, we can create a peaceful and productive environment for ourselves and our families.

May this planner assist you in maximizing your time, helping you to fulfill your responsibilities and commitments with joy and ease, and allowing you to be more present and loving in your roles as mothers and wives?

May Hashem bless your efforts, and may you find success in all that you do.

With love, Ellie