

The Wootcrisp meal-planning philosophy in 10 easy to remember steps.

Prologue.

This guide is to help you tackle the invisible work that goes into a good diet. That is the biggest part of meal planning: all the emotions and rationales that must be made to serve you and make you feel like a lord of food so great, that planning is necessary. The goal is "value". When I get a good deal on something, I feel great. And that's what eating healthy is: the approaches to food that make you feel great.

Step 1: Get rid of stuff that can go bad.

Start by buying some tortilla wraps. This is to get rid of the jams and whatnot by making jam wraps etc...Just jam or a spread on a wrap.

Step 2. Recognize that your diet is dynamic.

Circumstances evolve. So the wraps discussed in \ref{S1} are there to unload the fridge of stuff we don't want. This is so that we can begin again. A fresh diet for a fresh 2022.

Step 3: What's on sale?

In order to come up with a meal plan we need to feel good about the value of our food. Nobody likes a burger when it costs \$30. I think this is critical to be honest. To know where the deals are likely to be, and to additionally know that part of what you're eating is value itself.

Step 4: Identify the ideal.

The ideal food is one that straddles several food categories at once, such as "meal" and "snack". Frozen pizzas, cereals, ramen, come to mind here.

Step 5: Always have your own food stash.

A spouse or roommate can easily begin to dominate the kitchen area, causing you to have memory loss about your dining routines. One can be alienated from their own kitchen. I have had this before, where things that should have been beside each other, mysteriously became separated, It came as a surprise to rediscover certain dishes, forgotten from having had their components severed in space from one another. Only you can arrange your food the way you want, nobody can be trusted to do this for you.

Step 6: Functional food.

It is a truism that nobody would bother with food if we didn't have to. Many people take this as an invitation to "spice up the necessary". I say pare it down to the absolute minimum instead: shakes, supplements, and KISS. Let's keep it simple.

Step 7: Cultivate simple tastes.

Whenever I see other people's kitchens I'm always struck by how many things there are to consider. Don't develop a taste for tumeric or parsley or asparagus and random shit like that. If it's served to you, fine, eat it, whatever. But don't allow yourself to buy this stuff on the reg. Soon you'll be using all kinds of random ass shit to make your meals. Fuck.it. Just get it done. This isn't a dissertation you can wallow in for a decade. GTFO of the kitchen as fast and satisfied as possible.

Step 8: Maybe you're intermittent fasting?

This one helps me a lot because it's impossible for anyone to assign a value judgment to your meals. "Oh I'm just IF right now"...Nobody can say jack shit in response.

Step 9: Don't do "family dinner time".

I grew up with this fucking nonsense and being free of it is one of the best things about being an adult. I don't want to sit in some uncomfortable chair and watch people eat with a bunch of rules. I may not even want to eat at that time.

It also forces you to eat, and feeds into this "three meals a day" arbitrary routine, which only serves to reinforce the idea of doing arbitrary things without reason.

Step 10: Slow cook a slurry, wrap it up and freeze burritos.

You'll always have food if you do this, and it will meet all the criteria set down here. The value is good because it's an economy of scale. It's nutritious because all the stupid shit that's annoying to have in the fridge got thrown in the slow cook. It's available any time if you need, so you're never fucked.

Epilogue.

This guide can be folded up and carried around in your pocket at all times for quick reference.