



The Simplify Meal Time Program

SPEND LESS TIME COOKIN'
& MORE TIME EATIN'





Simplify Meal Time Intro

WELCOME & INTRO



Hey y'all!

I'm so excited that you're here, and I can't wait to help you reclaim your time one meal at a time.

Let's get started!





The Basics

- 5-10 minutes a day
- Pick a time to spend with me.
- Mix of videos, cheat sheets, and time saving strategies
- Spread the word #SimplifyMealTime & #ChefAshleyShep





How to Use Teachable

The screenshot shows the Teachable course interface for "Simplify Meal Time". At the top, there is a green navigation bar with a back arrow, "Admin", "Preview as", and a user profile icon. The main content area is divided into a left sidebar and a right main panel. The sidebar includes a course banner with the text "The Simplify Meal Time Program" and "SPEND LESS TIME COOKIN' & MORE TIME EATIN'", a progress bar at "0% COMPLETE", and menu items for "Class Curriculum" and "Your Instructor". The main panel is titled "Class Curriculum" and features a "Start next lecture" button for "How to Join the Private Facebook Group". Below this is a section for the "Simplify Meal Time Welcome Kit" with four items, each with a "Start" button. The first item, "How to Join the Private Facebook Group", is highlighted with a large orange play button icon. The next section is "Week 1: Get It Together" with three items, each with a "Start" button. The final section is "Week 2: Plan To Eat".

Class Curriculum

Start next lecture > How to Join the Private Facebook Group

Simplify Meal Time Welcome Kit

- How to Join the Private Facebook Group **Start**
- "So...What's the Plan?" & Planning Guide **Start**
- My Kitchen Checklist **Start**
- Season Til You're Satisfied: Must Have Seasonings You Need To Get Your Hands On **Start**

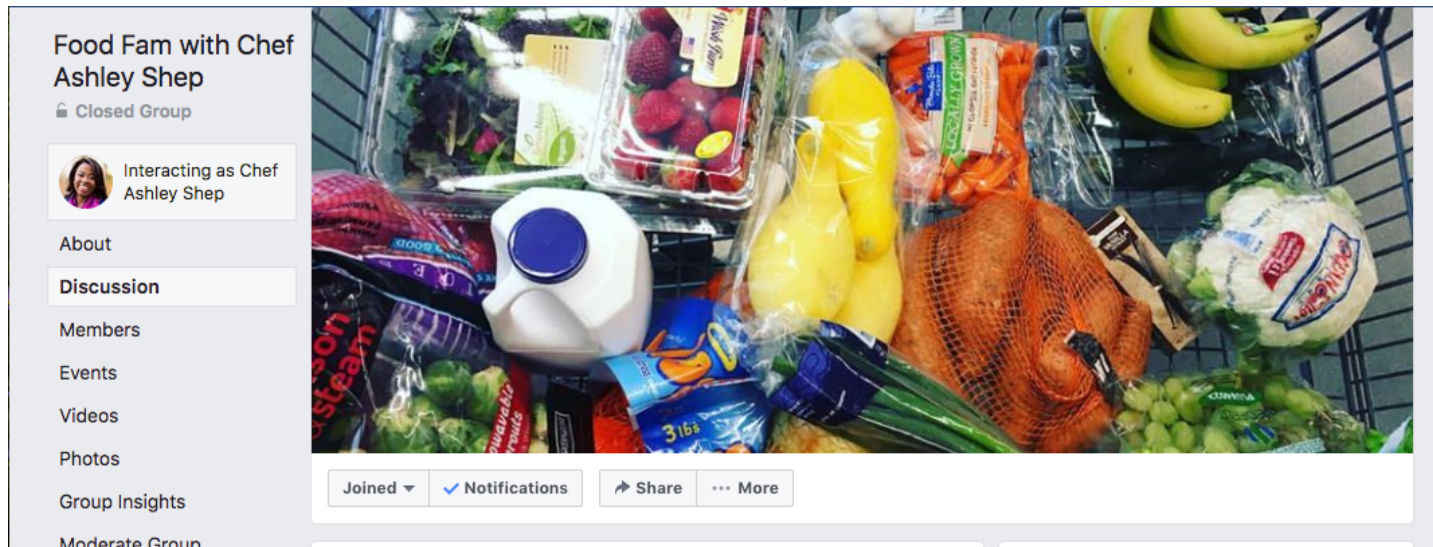
Week 1: Get It Together

- Myth Busters: Stop Lying to Yourself **Start**
- Shop At Home First **Start**
- What's Your Why? **Start**

Week 2: Plan To Eat



Join the Food Fam Facebook Group



Search Food Fam with Chef Ashley Shep on Facebook.



Kitchen Supply Checklist

(inside Welcome Kit Folder)

- Check off what you already have.
- Buy what you need.
- Use what I use.





Season Til You're Satisfied Guide

(inside Welcome Kit Folder)

- Step Up Your Spice Game.
- Get personalized recommendations.
- Add variety without adding a ton of calories.





So...What's For Dinner Guide? Preview

(inside Welcome Kit Folder)

- Easily plan out meals for the week or month.
- Map out what's on your schedule to find good nights to cook...or not.
- Get a sneak peak of final week of the program.



Contact & Help

- FAQ Folder
- [Facebook Group](#)
- Comment Box in lessons
- Email: info@ChefAshleyShep.com



Let's Review

- Join the Facebook group.
- Pick 5-10 min to spend with me each day or about 30 min a week.
- Get your kitchen together with the Kitchen Supply Checklist.
- Spice up your life & buy those seasonings from the Season Til You're Satisfied Guide.

Use the hashtags #SimplifyMealTime and #ChefAshleyShep when you post



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