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Intro: Hey friends! Welcome to Girls Night. I'm Stephanie May Wilson, and I am so happy that you're here. Each week I have a girlfriend over and we talk through one of the biggest questions we have about our lives as women.

We're talking about friendships and faith and relationships and self-confidence, about our calling in life, and how to live every bit of our lives to the full. Life is so much better and easier and absolutely more fun when we navigate it together as girlfriends. And I cannot wait to get started.

So, friends, I'm so excited about today's episode. Today we're talking about how to make a meal plan that will actually make your life easier. Alternate titles for today's episode, a meal planning guide for people who are terrible at meal planning, or Stephanie finally gets unstuck in an area of life that has been frustrating her every single day for years.

Now, I know some of the women in our community are excellent cooks. They feel comfortable in the kitchen and their favorite question to answer is, what's for dinner? I wish that was the case for me. But it's totally not. Guys, I'm the takeout clean. And although I've tried meal planning more times than I can count, I have never been able to do it in a way that makes my life easier. In fact, it always seems to make my life harder. I could break out in hives just thinking about it.

When I think about meal planning, I picture a complicated app full of recipes I don't actually want to make. I picture the app spitting out a grocery list that's the length of a CVS receipt, you guys know what I'm talking about, and I picture me spending way too much time and way too much money on meals I'm not actually excited about eating in the first place.

The plan doesn't make my life easier, it makes it 10 times harder. So I always end up tossing out my meal plan and the whole weekend I spent making it and I end up just winging it, somehow surprised and frustrated every single day when at 5 p.m. we have to, again, answer the question, what do we want to do for dinner?

So when I got the opportunity to have Kendra Adachi back on the show to tell us about her new book, *The Lazy Genius Kitchen*, I was excited but I also thought that whatever tips she had probably would not help me. Guys, I am so happy I was wrong. This conversation was honestly life-changing for me. I cannot wait for you to hear it.

But before we dive in, did you guys know that I have a whole collection of gifts in my shop like sweatshirts, mugs, and keychains that are perfect to get for your

girlfriends or for yourself? They're all designed to remind you of who you are, who God is, and we're all in this together.

One thing I wanted to tell you about specifically is the Girls Night travel tumbler. We have two different versions. One of them says "Girls Night" and the other one says "My Favorite Night is Girls Night". And I'm totally in love with them both. They keep your drinks hot or cold depending on your beverage. I use mine for coffee every day. I also recently had a Girls Night with my best friends where they each brought their own travel tumbler that I gave them for Christmas. We all had our glasses of wine and our matching cups. It was so fun.

Along with being fun and functional, the Girls Night Travel Tumblr is a celebration of the true magic that happens when we come together as girlfriends. It's also a fun way to represent the Girls Night Podcast. The website is Stephaniemaywilson.com and just hit the tab that says "shop." Again that Stephaniemaywilson.com.

All right friends, without any further ado, here's my conversation with Kendra.

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Stephanie: Okay, friends, I am sitting here with someone I'm so happy for you to get to hear from again. I'm sitting here with my friend Kendra Adachi. Kendra, thanks for coming back on Girls Night.

Kendra: Oh, I'm so happy to be here. I recorded a lot of interviews for the last book when I was here the first time and I remember yours. Like I remember how lovely it was. It's a memorable one.

Stephanie: Aww.

Kendra: Oh, yeah. Being with Stephanie was like, "That was a good time." So I'm happy to be back.

Stephanie: I love that. That is the highest compliment. Especially when you're recording for a book and you're doing kind of a tour, you're like, "By the end, I don't know your name, but I'm going to say the smartest thing I can into the microphone and then go pass out."

Kendra: I just want to say to all the people that you're like, "Oh, yeah, she's got a book coming out whoever that she is," because that person's name is literally everywhere, over like a two-month span. Like literally. So thank you for your patience, everybody. But I'm so happy to be here.

Stephanie: It's the Kendra Show. She's around. But then after this, she's going to go on vacation and take a nap, a long nap.

Kendra: Bye. Bye.

Stephanie: 100% 100%. I feel like I've been doing the opposite of that. The beginning of this year, we kind of made some space to do things for the podcast and do things on the back end of things, like figure out how to record video which again, I'm still working on. So now I'm like, "Okay, I'm here. I'm still here. I promise. I'm around."

Kendra: The way it goes. The way it goes.

Stephanie: It is. It is. Well, Kendra, before we dive in, tell us who you are, what you do, and a fun fact.

Kendra: My name is Kendra Adachi. I am known on the internet as the lazy genius and I have a podcast called The Lazy Genius Podcast. I have written two books. I cook chicken on Instagram. I have a family, a husband, and three kids. I've lived in the same city in North Carolina that I was born in. I will hopefully never ever leave. That could be a fun fact, I guess.

But a fun fact about myself is I was valedictorian of my senior class when I graduated, which is not a hygge. I was valedictorian. But more, I was not good at anything except school. I had such a perfectionistic drive in me, so I was like, "Okay, I can't be good at anything else, but I can't be the best at school." So I worked super hard. And then it paid off.

But also it was like, who cares? Like no one cares. No one cares if anyone's valedictorian. No one cares about your class rank. It was the whole thing. But that is my proof of my perfectionistic tendencies, that I was like, "All right, here we go. We got this."

Stephanie: I will tell you, I'm very impressed. I'm absolutely impressed. This is a random fact. My dad always was kind of frustrated with me because I never applied myself in school as much as he knew that I could. I was always interested in like student leadership, student government, or being part of the yearbook committee, or I was really interested in my major in college, which was journalism, but could not care about my other classes. Just skated by. And it always drove my dad nuts.

So I never got a 4.0. Ever. Not once. I came close so many semesters, but I never achieved scholastic perfection because I was always too busy doing all my extracurricular.

Kendra: You were being a well-rounded person. I was not well-rounded. I was like, "Hey, guys, who wants to do homework? Who wants to do homework?"

Stephanie: You're the one I'm whispering to in class, being like, "Listen, I was dance practiced last night. Can you help me?"

Kendra: It's true. It's true.

Stephanie: It's so amazing. Oh, love that. So I have to tell you that I am probably your target person for your new book. I am also your hardest one to win over because I hate... I love food. I love food. Everyone listening knows this about me. I love food, don't love cooking it for myself. There is a block in my brain when it comes to how to shop and then put things together and then feed myself and do it all every day. Like I'm just amazed that I have to do every day.

And it's become more complicated because now I have kids and they eat every day. I recently traded my husband's dinner cleanup duty for meal prep, because actually his brain works this way and I instead scraped tater tots off the floor and the walls off the walls because I hate this so much.

So that being said, you have a new book out. Tell us, are you a person who has always been good in the kitchen or did you start anywhere close to where I am in life?

Kendra: There's so much richness in all that you just said, because I feel like, "Oh good, I'm going to convince you." But also, here's the thing. I'm going to go ahead and say you are already being a lazy genius in your kitchen because you don't have to be good at everything.

See, that's what we think. We think that in order to have a fulfilling life in our kitchen, we have to look like June Cleaver, or we have to like cooking, we have to like prepping, we have to be good at it, we have to know how to shop. Like, we have to know how to do literally everything. And that is actually not the answer. That is not what we're after.

What we're after is figuring out, what do you care about? What is really important to you in all of those areas of your kitchen? And then how can we support that in ways that are sustainable? And then what can we let go of? So I'm not trying to convince everybody to exist in their kitchen the way I do or have the same priorities. That's our problem.

So you've already begun the process in a very good, healthy Stephanie way, because you're like, "Guess what? I will clean the tater tots off the floor, I'll do it in

a heartbeat, but please don't make me cut anything up." You are being lazy about the prep and that's such a good thing. So all that to say, well done. We're going to go ahead and just start there. Well done. You're already being a lazy genius in the kitchen.

Stephanie: I'll take it. I'll take it.

Kendra: So the book is called *The Lazy Genius Kitchen* because everything that I make is called the lazy genius something. It's called *The Lazy Genius Kitchen: Have What You Need, Use What You Have, and Enjoy It Like Never Before*. The idea here is this is not a cookbook because I think that... It's not that we don't need cookbooks. We do. And cookbooks are so beautiful. Recipes are so helpful in our lives. There's a place for them for sure.

But what is missing for us, I think, is all the other stuff. Like what you just said. How do you juggle this thing called eating that never stops? And the more mouths you feed in your home the more it's amplified. And it can be so stressful because it doesn't give you a break to figure out a solution. It just keeps going.

Stephanie: Yes, yes.

Kendra: So all that to say this book is your tool to help you figure out what solutions you can start to use in your own kitchen based on what matters to you, based on what matters to you. It is like everything that I do it's equal parts permission and equal parts practical.

I would say this. Maybe not even equal. This one's got a lot of practical in it. It's a lot of practical stuff. But I just want people to feel the freedom to create a kitchen that makes sense for them with their own priorities and not necessarily turn themselves into some sort of like kitchen robot.

Stephanie: Truly you are my person. Have you always been good in the kitchen?

Kendra: I've always loved gathering. I have memories of being in the kitchen with my grandmother. We won't get into it now because it was like dark family times, but I learned to cook pretty early because I had to. So I've kind of always sort of been in the kitchen, but I don't know that I was... No, I was not good at it.

I got married when I was 20 years old, I was an infant, and thought that it was up to me solely to be the one to feed me and my husband. So I just kind of carried that mantle. And I burned a lot of food for a long time. I made a lot of really bad food for a long time. But the way that actually started to feel-

Stephanie: He's like, "Are you sure you don't want me to step... Like I can help. You know what? Maybe you do something else."

Kendra: It wasn't great. It wasn't great. But part of what actually helped me, I think, is that I am a tinkerer. I would rather make chocolate chip cookies for 10 years, and perfect them to where they are the best chocolate chip cookies you've ever had in your entire life than make a new thing every single time. "Well, let's try this one. Let's try this one."

So there is a part of me that kind of helped where I was like, "Okay, why did this burn? Why did this get tough? Why did this taste bad?" And I would watch 30 Minute Meals with Rachael Ray when she was at the peak of her powers. I guess she still kind of is. She's still like Rachael Ray. But when 30 Minute Meals was taking the world by storm, I would watch every day and I would pay attention to the patterns and what she was doing.

And I started to notice, like, "Oh, she doesn't move whatever meat she's cooking. She leaves it still on the pan." And that's how you get color. You don't stir things all the time. You actually leave it still. Interesting." Like I started to kind of pay attention to those things that helped my own cooking. I taught cooking classes actually. That was my first business that I ever did. I taught cooking classes in my kitchen. So it's something that I really love doing.

But I think what I love the most is giving people the tools and empowerment based on what matters to them so that they can do what they need to in the kitchen. For example, I was reading a novel the other day. It was like a murder mystery. I don't know. It had nothing to do with food. But one of the characters was a cooking teacher, and she was like, "Okay, let's..." Someone who did not know how to cook. And she said, "Yeah, we're going to make this super, super easy meal." And it was a whole roast chicken and risotto.

And I was like, "Girlfriend..." I was so mad reading this book. I wasn't mad about the murder. I wasn't mad about any of the domestic troubles. I was so bad that this cooking teacher taught someone for the first time who has never cooked before a whole roast chicken and risotto. And then it was a foolproof meal. I got so upset by this book.

So all that to say there's just something very deep and visceral in me that wants people to not run for the hills when you talk about helping their lives in the kitchen. It doesn't have to be what you expect it to be. It's actually not. You can create a kitchen and life in it that works for you and doesn't have to look like everybody else.

Stephanie: Oh my gosh! That is so funny. Honestly, that might be the problem. Like, I asked people at various times in life, like, "Hey, can you teach me how to cook?" I feel like every time I would ask people for help, they would either hand me a knife and a pepper and be like, "Well just chop this." I'm like, "Okay, but that doesn't tell me how to feed myself. Yes, I understand how to not cut my fingers off, thank you, but I don't know what to do after this and it's not obvious to me."

Or I would take a cooking class or something and it would be a fancy situation where it was like a roast chicken. And basically, I'm just watching someone else cook while I'm drinking wine. Which I'm very good at. That might be why that's my best thing. But no, I think people just make it too complicated.

I have a million questions for you. Tell me, first of all, meal planning because this actually legitimately makes me itchy. I feel like I'm wearing something that's too tight. Just how? Why?

Kendra: How and why? Well, let me ask you this. When you imagine what a meal plan looks like, what does it look like to you? What is it in your head? In your imagination, what is the image of a meal plan? What is your end result that you think you're trying to get to personally for you?

Stephanie: Well, I think this is probably where I've gone wrong. But I'm picturing there are a bunch of apps that can help you with it and it's supposed to make things easier. And then you go through this app, and it's all these really complicated meals. And then it gives you this enormous grocery list. I just picture like 2,000 piece puzzle that never fully comes together on an app that has made it helpful, that makes it easier. So like, Good Lord, what is going to happen if I don't have an app?

Kendra: Oh, that is such a good picture. Because I think that is what a lot of us imagine it's supposed to be. So if you are seeking after that is your end goal, anything that's not that is not right. Right? Like anything that doesn't accomplish what that app, that easy app is supposed to do for you, then it doesn't count as meal planning.

So I am here to say that is 100% wrong. That is not the reality. That is not the reality. Not necessarily the app generating the grocery list. That does work for a lot of people. What I'm saying is that there is no one way to meal plan. There is no one result that meal planning is supposed to give. You get to decide what it means for you.

So we can just figure this out right now for you. How many days a week do you make food at home? This is a no-shame zone. You could say zero and I'd be like, "Awesome. Next question."

Stephanie: I would say three.

Kendra: Three, you eat-

Stephanie: Two.

Kendra: Two to three.

Stephanie: Two to three. Because usually we're big Chipotle people. And Chipotle is two meals. I mean, we're big takeout people. I got pregnant right when COVID hit and so we were doing first trimester of pregnancy lockdown, all kinds of things. So basically we're really, really close with our DoorDash and Postmates.

Kendra: Do you feel bad about that? Because I sense a bit of little energy, a little negative energy in what you're saying right now? Do you feel bad about that?

Stephanie: Ah, I think honestly, this is we definitely spend more money than we should and we definitely... I think I just know that we're on an end of the spectrum. That other people maybe have this area of their life more... Like our answer is different than a lot of people. It has kept us all alive through the craziest season of life. I don't know if I've told you. I have 16-month-old twins-

Kendra: That's a lot of things to do.

Stephanie: It was a lot. I'm very happy to say that we are all alive and healthy and thriving. But I do know that this is the last frontier of things that I just have sort of let go. So do I feel bad? Maybe. A little.

Kendra: It sounds like you might want it to be a little bit different. Would that be true? Or no?

Stephanie: I think it's more that it should.

Kendra: Oh, we don't like that word. We don't like we don't word, Stephanie. We don't like it. Why? Who says we should? And I don't mean like, who says we should? I mean genuinely. Because here's the thing. I'll step back. I'll take you off the hot seat for a second.

This is what we all do in every area. We do this with meal planning, with shopping, with gathering. We do with all the things, all the things. We think we should do it a certain way. And part of us, you know, we've made these decisions to be Chipotle people and to be on a first name basis with our DoorDash person. We almost

present that in an unapologetic way. You know, like, "Well, I know. This is just what we're doing and it works for us."

No, no. What I want to empower people to do is for you to be like, "This is what works for us. End of sentence." Like, you choose what works for you and you don't have to carry any sort of extra baggage around that thing just because you're on a different end of the spectrum than someone else. It's sort of like I want us to remove actually this linear perspective, this linear spectrum. Like, it's a line. And really it's just a circle. We're all existing in a circle somewhere. So there's no better or worse. There's no extremes. You can't have extremes in a circle. Right?

Stephanie: Yeah.

Kendra: You can't have ends of a circle. So if we can all see our choices in the kitchen as like, "No, this is what works for me," in an unapologetic way. And when we feel that "should" come in, "It feels like that's what we should do," who says, and not in a sassy way, like genuinely, who says you should? Because it could be. It could be. I'm not putting this on you. But it could be because your situation is one that actually is pretty common. So it could be that you're going, "Okay, my twins are 16 months old and this is working for us right now. This is really good."

Now, when I imagine when they're seven, I don't know that I want us to be eating out as much as we do now. I want them to sort of know a little bit more... I want them to experience maybe, not home cooking in the sense that it's food that's heated up at home. I don't mean like made from the earth. I just mean it comes from your own pan or microwave. You know what I'm saying? Let's lower the bar there.

But it could be that you're like, "You know what? I would really like to put more meals together at home than for someone else to do it for me at a restaurant. I think I would rather be a little bit more part of our family's culture than it is right now."

So what you can do right now is to go, "Okay, we eat at home two nights a week. Great." When you're meal planning, you can go, "Okay, we're eating at home two nights this week. That's our baseline. What do we want to cook? What matters this week about what we're making?" And it's not that you're having to like, well, I should probably cook like four or five times? Like, No, no, that's not my life right now.

But if you look ahead, if you look ahead to like, "This is what I would like. Okay, what is the way that I can start small? That's the lazy genius principle. That's lazy genius principle number two. What is the way that I can start small right now to start to build a routine. Which is also another to build the right routine. That's another lazy genius principle. What can I do right now in a small, small way that

can begin to move me in the direction of putting together meals at home four nights a week instead of two?

Now, is that the end goal in seven years? Guess what, you can move real small in choosing maybe in your two meals a week that like of the eight a month that you cook at home, one of them is new, and you're trying something new. You know what I'm saying? Like you just keep cooking the same things that you normally do, and you get in your rhythm and you feel confident with that.

But maybe you're like, "Okay, what's that one new thing we want to try? I want to try to see if I can cook chicken this way. I want to see if it's worth it for me to get that air fryer that everybody's talking about because I can understand an air fryer. I don't know how to do a sauté pan. But I can put something inside the machine and shut the door. I can do that." You know, that you think in really, really small ways to move yourself in a direction that matters to you.

But ultimately, ultimately, I just want to just put the biggest blankets of permission over everyone listening, that you get to decide what matters to you in your kitchen. No one else gets to decide. No one else gets to decide.

So if you have a lot of disposable income, or not even a lot, but you just have enough, like eating out is not going to put you in debt, I think that we would agree that that's probably not a great move. But I don't think that anybody is probably making those choices. Creditors are not worth the exchange of extra guac. You know what I'm saying? I think most of us are making those decisions.

But if you have the money and you want to direct those resources and to take out more often because that enhances your life, that leaves room for you to have energy about other things that matter to you, that learning how to cook every protein in the world and that you can make a beautiful pan of roasted potato or something, if that doesn't matter to you, you don't have to do it.

It doesn't take away your value as a mother or as a spouse, or as just a person in general. The people listening to this are women, it doesn't take away your value as a woman. You are still fully woman if you never cook a thing. This whole domesticity thing as being part of our identity as women it's just garbage. It's wrong. It's wrong. It's not true. It's not true. You can care for your family in other ways. You don't have to care for them in that way.

[00:25:36] <music>

Sponsor: Hey friends! Our sponsor for today's episode is [Aura Frames](#). Now, I don't know about you, but I always have the hardest time trying to come up with a new gift to

give my mom on Mother's Day every year. But this year Aura Frames has me covered. Named the number one digital frame by Wirecutter and selected as one of Oprah's favorite things three years running, it's guaranteed to make moms smile.

So first, to tell you more about them, the Aura Frames is basically like a digital picture frame where you can easily upload all your favorite photos and videos using the Aura app. I love this gift idea for my mom because she lives in another state and doesn't get to see her granddaughters as often as she would like. So these frames are the perfect way to share all of those special moments and memories with her. Plus, she loves photos. And this makes it so much easier for her to display them all without having to worry about printing them off.

I love using Aura Frames in my home too. You may or may not know this about me, but I have a big passion for home decor, so I can be pretty selective when it comes to what I display in my house. But these frames are so high quality, they're beautiful and they fit in almost any style of home. I love the way that they look.

I also happen to be my family's designated documentarian so I'm always snapping photos, usually to the point where there isn't enough space to print them or even put them in our photo books. But that's why I love this digital frame. I can add all the photos I want. And there's unlimited storage, so I never have to worry about running out of space. Getting to see all of my favorite pictures and memories throughout the day brings me so much joy. And I know that it will for you too.

From now until Mother's Day listeners can save on the perfect gift by visiting auraframes.com. That's auraframes.com. You just need to use the code GIRLSNIGHT to get up to \$40 off while supplies last. Terms and conditions apply. Thank you so much Aura Frames for sponsoring our show. We just love having you.

Sponsor: Hey friends! Our sponsor for today's episode is an amazing female-founded company called [Olive & June](https://oliveandjune.com). Now, I don't know about you guys but I love having my nails done. I just feel more put together when I have a fresh manicure. But to be honest, I rarely do it.

A few times a year I do treat myself to a salon mani-pedi. I always walk out of the salon having spent like \$100 and I usually end up chipping my newly painted nails as soon as I get in the car. So then I go through a period where I decide I'm just going to do my nails myself. But no matter how hard I try, my nails always end up looking like they were painted by a 6-year-old. And that's why I'm so happy to have found Olive & June.

Olive & June founder spent a year doing and redoing and redoing her own nails, identifying all the reasons it's been impossible to make them look good on your own. And then, you guys, she fixed it. She created their Mani System that helps you achieve beautiful, salon-quality nails for just \$2 a mani.

The Mani System comes with all the tools you could possibly need, including the poppy, which is this awesome thing that you put on top of the nail polish handle to make it easier to grip and paint your nails on both of your hands. This is a game-changer. With a poppy, I can finally keep the nail polish on my actual nails instead of getting it all over my fingers.

I'm not going to lie. I actually enjoy painting my nails now and the end result is seriously so good. Recently I've been wearing their nail color called Pink Sands. It is this gorgeous light pink neutral color that I love. Along with their Mani System, they also have press-ons available which are my other go-to lately because if I have 10 minutes to do my nails these days, it's a total miracle.

They have four links and four shapes and a bunch of different colors and designs to choose from. And each pack of press-ons includes 21 unique sizes. So that's a total of 42 nails. That way you can always find a perfect fit. They look so real and truly beautiful.

The press-ons can last for up to 10 days and their glue is non-damaging so that your nails stay strong and healthy. And what I really love about these is that they're made from 94% post-consumer recycled material. Friends, I seriously love this company so much.

Their Mani System is going to be my new go-to gift for all of my closest people so that we can use them together at our Girls Nights. Seriously, I hope none of my people are listening to this because this is actually what they're getting for their birthdays.

Friends, painting your nails can actually be fun and affordable all because of all of Olive & June. Visit oliveandjune.com/girlsnight for 20% off of your first Mani System. That's [olivandjune.com/girlsnight](https://oliveandjune.com/girlsnight) for 20% of your first Mani System. Olive & June, thank you so much for sponsoring our Girls Night. We just love having you.

[00:30:10] <music>

Stephanie: Send us a message and let us know if this is food for your soul the way that it is for me. Kendra, seriously... I... yeah, this is... Oh, yes, thank you. That is so good. It's funny because my husband and I are teaching a marriage prep course right now.

Currently, as we're recording we're in week five. And so much of what we're talking to couples about as they're going from dating to engage to getting married is there's so much advice out there. And ultimately, you have to decide what is important to you as a couple. Like how do you want to structure your household chores? How do you want to figure out who works and doing what? How do you want to talk to each other and resolve conflict? What do you want date nights to look like? All these things. You get to decide and you get to figure out what works for you as people.

But honestly, I'm telling you, the kitchen is the last frontier for me. It is exactly like you said. It's this thing that doesn't stop. So I haven't been able to get a handle on it. Like really, ever. It's funny, because I'm like, I've said that in this last week but not about this. I can't hear about this. So this is so good for me.

I want to know when we're figuring out... Like breaking this down a little bit more, we get to decide what our kitchens look like for us. What should be in our pantry? Are there staple foods or ingredients that we should have around? What's a system that we can use to make sure we always have those things stocked?

Kendra: I'm going to call an audible and I'm going to pull one of your later questions that you prepared so beautifully for this to the front. Because here's the thing, there is no single item that belongs in every pantry, there is no single tool that belongs in every kitchen drawer, there is no single meal that everyone should eat, there is no single way for anyone to gather. There just isn't.

I think that most people would benefit from having a knife in their kitchen, but there are other ways to cut food: you buy it already cut, you get a little chopper because you don't want to learn how to use a knife. Not everybody even has to have a knife. I will say that. You don't even have to have a knife.

So I just want to go ahead and start there. That what you should have in your pantry is what you eat. It's what you eat. We get these cookbooks that are so beautiful and have the best intentions of wanting to equip and empower people who are reading it to have a kitchen that works, right?

But most of the time, if you are reading a cookbook, you are listening to someone who knows how to cook, who values and prioritizes learning how to cook, doing it really well, being able to quote, "throw a meal together really quickly." So you want to have a lot of options to be able to do that.

But guess what? If you don't know how to use the saute pan, if you don't know the difference in a chicken breast and a chicken thigh and how they might cook

differently, if you're like, "Can you just give me the bag of something that I open and I dump it onto a sheet pan and I put it in the oven? That to me is the cooking that I need to do," most cookbook authors don't engage in that kind of cooking.

So their essential tools lists, their essential ingredient lists... Listen, if you don't use it, it's not essential. The only thing that's essential is stuff that you use. Otherwise, it is just in the way. It's just noise. I actually wrote about this in *The Lazy Genius Kitchen*. Every single essential pantry list, stocked pantry list includes a jar of roasted red peppers.

Do you know how many jars of unopened or opened and one was removed and now they're moldy jars of roasted red peppers are thrown away over the years? Because guess what? Kendra doesn't like roasted red peppers. I don't like them. I think they taste gross. And don't make me blend them with Fetta in a food processor to have to... I don't care. I don't care. I'm not going to eat them.

So, we need to have the freedom to go, "This is not for me." Not everything has to be for you. There is no single essential item or ingredient anywhere. There's just not. I mean I can say rice but some people are allergic to rice or they don't want to learn how to cook rice because it feels complicated. That's okay.

So all that to say that's just like the big overarching thing is that there's... Which as I say that, for people who are like, "Give me the list, give me what I do, give me my steps, give me my numbered list of what I'm supposed to do, who are linear thinkers and wanting to get it right, and then I'm like, "Sorry, guys, there's not a list. You're welcome. Bye." That's probably not super fun.

But that is why the book itself, and this is the question I'm going to pull from the bottom that I read, there are five steps to creating a lazy genius kitchen. In other words, a kitchen that has what you need, that you know how to use what's in there, you have a rhythm for using what you have already and when those two things are true, you actually enjoy being there. If you have what you need and you use what you have, you really enjoy your kitchen. So the question is, what do you need and how do you use what you have? And there are five steps to do that in any area.

And the five steps are, number one, you prioritize. So you name what matters about whatever it is that we're talking about.

Step two, is you essentialize—you get rid of what's in the way. What's in the way of what matters? For example, if you have all of these small appliances because everybody's like, "The air fryer is amazing. The Instant Pot is amazing, the whatever, the rice cooker is amazing," and you don't use them at all, all they do is take up a lot of space. Those are large things. They take up a lot of space.

And if your priority is, "I just want to be able to put things on a sheet pan," honestly, that is like my go-to type of cooking is to just put a bunch of things spread out on a pan and stick it in the oven. That's my go-to. You don't need a lot of small appliances. That's in the way of even what matters about how you cook.

So number one is prioritize: name what matters. Two is essentialize: get rid of what's in the way. Three is organize. Now you organize what you have. We think that when our kitchens aren't working for us, it's because our organizational system is bad. We don't have the best meal planner app, we don't binder, we don't have the best those clear bins that our cereal goes in, we don't have all of these things that we sort of see as the best organizational tools.

And we're organizing stuff we don't need. Like you go into your pantry and you're organizing things that you haven't touched since the last time you tried to organize that cabinet. You have to essentialize before you organize. You have to get rid of stuff before you organize. So that step three is organize.

Step four is to personalize, is to make it your own, is to feel like yourself. You don't want to turn into a kitchen robot. You need to name what gives you pleasure. Who are the people that you're feeding? What is your personality in the kitchen? What's your proficiency in the kitchen?

I have seven Ps, which was really fun when I was recording the audiobook because it was like audio engineers love the P sound. So there are seven Ps of personalizing your kitchen space for you to think about these things. And then step five is to systemize, is to keep it in a flow, is to keep is to keep whatever it is that you decided going. We use those 13 lazy genius principles from the lazy genius way to help us do that.

So all that to say, three to one, in summary, if you apply those five steps to say, like a cabinet in your kitchen that frustrates you, or to how you shop, if you're like, "Shopping just really bums me out. I just can't find the time. I feel like I'm always forgetting things that I need, whatever," it's like, "Okay, let's do these five steps.

Prioritize. What matters to me about shopping? And in the book, I actually give lists and all of the areas of your kitchen of things that could matter to kind of get you started. So is it price? Is it convenience? You know, are you like, "No, I want to go to one store. Please don't make me go to four." Well, guess what? Pick one store.

If some things are a little bit more expensive, but your priority is convenience and not budget, prioritize convenience. Like you don't have to get the cheapest of everything everywhere. We think we're supposed to do it all. And it's like no, guys,

that's why we're tired. You can't do it all. When I think about stores and shopping... Can you tell I'm really passionate about this?

Stephanie: Can use all of this is like... I'm just letting your words soak over me. Like yes, we're talking about food. Yes, we're talking about kitchen. Yes, I really need this.

Kendra: It's back to what you said in the beginning, Stephanie. It's so constant. It never stops. This is something we all deal with always. And guess what? It will never stop. This is something that we will continue to live with. So why not actually make it easier for ourselves and give us life in ways that matters?

Like back to the shopping thing. If you even think about different grocery stores, what does Whole Foods prioritize? Quality and selection and health. Do they prioritize budget and giving their customers lower...? No, they don't. They prioritize whole foods? Get that. Their produce section is a lot bigger than most grocery stores. Their meat counter is a lot bigger than most grocery stores. They don't have a lot of stuff in boxes because most of the people who prioritize the same things that Whole Foods prioritizes probably is not buying as many things in boxes and bags.

So it's like even grocery stores are going to prioritize different things, and they're going to get rid of everything else. They're going to be lazy. Whole Foods is going to be lazy about prices, Walmart is going to be lazy about quality, Target prioritizes your experience, but also real center of the aisle, you're not going to find artichokes at Target. You know what I'm saying? They're getting things that hit the middle of most people.

So if you even think about it that way, the way that you shop, it can't prioritize everything. It just can't. That's why we're tired about all things. Anyway, so that's why naming what matters about whatever the particular thing is, starting there, and then going okay, "What's in the way of that? What do I still have around?" Why do I have seven meal planning apps on my phone that every time I open my phone, and I stare at them I feel like a garbage person, because I don't know how to use any of them?" You delete those apps, please. I don't care if they cost \$5. Is your soul worth more than that? It is. Delete them. I don't care. Get rid of them, please.

So that is the process that is laid out in very detailed, like big, big sister energy. Like the whole thing is kinda big sister energy through the whole thing it's this. It's like, no, no, no guys, you can do this. You can do this. And it's illustrated so it's super pretty. It's really beautiful to look at.

I feel like it's going to be a resource that you reach for again and again and again. Because those five steps apply to any person in any situation with any cooking

challenge, like anything in the kitchen. It is the most versatile thing because it's not, "This is how you cook chicken." Does chicken matter to you? What matters to you about chicken? Those are valid questions to ask ourselves. I've been talking for a really long time. I'll stop now. I'll take a breath and let you ask a question.

Stephanie: It's funny because, as I'm thinking about this, I'm thinking through what is important to me. Usually, it's convenience, because at the end of the day... and also I love food. And so that's why I'm not Lean Cuisine-ing every night. That's why I'm like, "Okay, I really love food, but also convenience." I'm really, really tired at the end of the day.

It's funny, because we're doing a totally different program for our kids. The girls we feed them at 5:30 and then Carl and I put them to bed and then figure out what we're doing for dinner. And it's just a totally separate situation. I mean, that's part of it, too, is like we're doing two different meal planning for babies and then we're meal planning for us then or not for us. But there are some things that actually really matter to me.

So when you're talking about small appliances, I have an Italian pasta maker that I actually know how to use and I love it. I haven't done it since the babies were born. I've been busy. But I can make homemade pasta and I love it.

I also have a very specific brownies recipe, my grandma's brownies that I'm really good at. Homemade, not out of the box. I have a really great chocolate cake. Again, homemade not out of the box. So I do like baking. And yeah, Italian food and roasted red pepper. It's funny because there are so many things in my pantry and fridge that just go bad because we never touched them.

But roasted red peppers, I worked at a restaurant after college that have this roasted red pepper soup that was amazing. And they've stopped making it since. So it has been my mission speaking of tinkering to figure out how to make that roasted red pepper soup.

The first time I tried I used a Magic Bullet that we were given as a wedding present and overfilled it. So Carl came over to help right in that moment and pushed the thing down and all of a sudden roasted red pepper soup exploded all over him, all over the bottoms, the cabinet, all over our dirty apartment. I'm not dirty. Our apartment wasn't dirty, but it was kind of weird. But roasted red peppers, that's maybe one thing I actually use because I love red pepper soup. So I love this too much. There are things that matter to me and then they're things that don't.

You mentioned personalization. I want to go back to that because I'm curious. Talk to us about that a little bit.

Kendra: Since this video, there's the one copy of the book that exists in someone's hand. I'll do a flip really quick. Ready? Just so you can see how pretty it is with illustrations and stuff. It's really, really lovely. It's lots of whitespace. You guys, oh, she's my baby, I just love her so much.

So personalizing. The book is broken into three parts, and part one breaks down those five steps in specific ways. I sort of described it as lecture versus lab. Part one is explaining the five steps, but don't do anything yet. Just sort of understand what they mean and how you might apply them.

But then part two applies those five steps to six areas of your kitchen. So the actual space and the stuff that's inside it, your plan, like how you're going to decide what you're going to eat, the meals that you cook, like what kinds of meals are you actually making. There's a whole thing about the food that you buy and how you store it, how you choose it, how you buy it, how you store it, the prep of those meals. But not like cutting up stuff and putting it in containers, but more like the flow of your kitchen. Kind of like how are you preparing your space and yourself for the next thing that's coming. Kind of being prepared for your own flow. And then the sixth one is your table is the gathering.

So part two applies those five steps to those six areas. And then part three is just like the most robust, amazing appendix of just like how-tos. Just lots of one sheets of how to do this, how to do that. You guys, I know I wrote this thing but this book is dope. It is so good. I'm so obsessed with it. I'm so obsessed with it. Oh my gosh, I just love it so much.

So I'm opening it up so I don't forget any of the seven P's of personalizing. But I'll just read through them really quickly. So it's your personality. How are you wired? How do you see the world? I think that we think that even being in the kitchen you have to be a certain way when you're in the kitchen.

Like if you have people over, for example, and you're really introverted, and you're kind of quiet, you think that in order to be a good host, you have to suddenly become a party thrower and like, "Hello, everyone." That's not who you are. That's not your personality. So it's okay. It's good. It's not even okay. It's good and beautiful for you to know who you are and how you are in a room, and how you interact with people and what your personality is, what your lens is. And be that person in the kitchen. Feel free to be that person in the kitchen.

People. That's P number two. Who's in your kitchen? Not just people you live with, but people who feel at home with you, who come to visit, friends, whatever. Then

pay attention to the people and also what they need. For example, you said your husband's name is Carl, is that right?

Stephanie: Mm-hmm.

Kendra: So let's say that convenience is your biggest priority. Okay?

Stephanie: Yeah. Let's say Carl's is the nurturing environment of a meal. Okay? Let's say. It could appear on paper that those two priorities are actually in conflict because we often equate convenience food with convenient time. And we're not really gathering around convenience food. Number one, that's not true. You can get takeout and make your Chipotle. You can still eat your Chipotle together on purpose. Like really gathering is eating together on purpose. Like with intention. That's really all it is. And you can do that with Chipotle.

Stephanie: You definitely can.

Kendra: You definitely can. Have y'all seen the commercials of Chipotle? Of course, you can. Part of these people, P, to pay attention to, is because we love our people. We care about what they need too. So it's not necessarily just like flat out sacrificing what you need fully blindly for what the other person needs. But actually still paying attention to, well, what am I people need to...? What matters to them?

This is not just the me show. This is not like, I'm running my kitchen the way I want to and everybody's got to get on board. That's not how any of us really want to interact with our people. So to pay attention not just to the logistics of the people that you're feeding.

Like even what you just said that you're feeding your kids probably two hours before you and Carl are eating because that's the season you're in. That's another lazy genius principle is to live in your season. Like that's the season you're in. So we're going to embrace that and we're going to make it work for us right now in the season until it doesn't work anymore, until we're in a different season. So that's kind of part of the people one.

Priorities. Again, what matters to you? It's very, very important when it comes to anything. Your proficiency, like what are you good at? If you're like, "Okay, fine. Quote, 'I'm going to do better or because I should cook this way or whatever, I'm going to cook more at home,' and the cooking that you've ever done is really just like Trader Joe's Mandarin chicken and spaghetti and then suddenly, you're like, "I'm going to make five meals of four different elements." You know, like a meat in three. "I'm going to make a meat, I'm going to make two or three sides, and all

these things that I've never done before," but you don't know what happens to the food in your pan when you have it on high heat with oil versus low heat without oil.

It's okay for you to not be fully proficient. You need to pay attention to what you're not proficient in, and then maybe name, what do I want to be proficient in? Like, truly, deep down in me. Like you mentioned, you're an Italian pasta maker. I love that. I love that you're like, "I can rock this, I can totally do this."

So maybe even how can you elevate that even more if you want us to? How can you support that? If that matters to you, how can you support that more? You could become proficient in, say, how to caramelize onions for an hour on the stove because caramelized onions and pasta are really delightful together. You could become proficient in like, okay, I want to learn how to make this sauce that goes with this. What skills do I need to learn in order for me to do that? And you can develop those skills in other meals, not just in the one that you're doing.

Like I want to learn how to sear something. Like, that's it. We're just learning what a sear mean. And that's what you focus on. That's the proficiency. That's the skill that you focus on. So that's something you have to pay attention to is your proficiency.

The fifth P is your process. How do you process tasks? Are you overwhelmed by too many choices at once? Do you need to spread something out? So that means that can inform lots of things. Like, if you're a process person who doesn't like to do much at once, please don't do a big intense Saturday freezer meal prep thing. That's not your process. You don't need to do all of that at once.

Just because that works for someone else doesn't mean that has to work for you. So pay attention to what your process is too. The sixth one is pleasure. Like what makes you happy. Your Italian pasta maker makes you happy. Like you lit up when you talked about that.

Even the baking that you love to bake, it's like, well, you know what? You could keep baking. You could add homemade desserts to your convenience dinners. Like if you want to add something that is homemade, go ahead and add what you love. Or if you love the practice of baking in the process of baking, maybe you could like... bread-making is similar in many ways to other baking. And it's like, you know what? That could be an interesting sidestep to how I can bring the pleasure that I have from baking into dinner. You know, that I could try this dinner roll recipe and just see how that goes for something that was takeout. You know what I'm saying?

And then the seventh one is peace. What gives you peace? Not just in your kitchen, but just like in life? Is it quiet? Is it a room full of people? Is it music? Is it aesthetically pleasing space. So that if you're making food and you can still see everything piled up from breakfast and dinner or breakfast and lunch, and you're trying to make dinner, that's not peaceful for you.

So what you can do is create a very small routine of having your space cleared and peaceful when it's time for you to make dinner. Naming that. Let's think about this, you guys. Again, I'm talking forever. I love this stuff so much.

Imagine, imagine what we're all wanting to do is we think we have to overhaul literally everything. It's like, "Oh, well, I need to figure out my meal planning stuff. I need to learn all these things. I haven't opened the seven cookbooks in three years. I should probably do that." You have this really long list of all these things that you think you need to do in order to organize and live in your kitchen in a way that makes sense for you or the way that you think you should.

Imagine, imagine if you have a pain point of walking into the kitchen at dinner and it's messy for breakfast and lunch, because you currently don't have a system for dealing with breakfast and lunch dishes before dinner. Let's say that's the only thing you change. Your life as it is right now is exactly the same. Your life in the kitchen is exactly the same.

Let's say that's literally the only thing you change is you incorporate, in a very small way, some routine—again, I talk about all this stuff in the book—to make your kitchen peaceful when it's time to make dinner. That would change your life. That would change your life. Like it would change your life. You don't have to fix everything. Like just pay attention to one thing at a time.

And those seven Ps really help you feel like yourself. Because that's the thing. Most of us are in the kitchen and we feel like a hollow version of ourselves, a performative version of ourselves, a deficient version of ourselves. We have all of these different pressures that we're carrying. And really, I just want you to be yourself. Just be yourself. Embrace those things that make you you and you're going to enjoy your kitchen if you do.

Stephanie: I love this so much. And this is funny because this has been a theme in just other areas of my life. This is something that I've been kind of learning and putting into practice. It's awesome that it's expanding into the last frontier. We already talked about this. You get to choose. It gets to look like you. What do you actually like and what needs to happen? What small things need to happen in order for this to look like you? Make it something you like.

The idea that we get to learn... that we don't have to cook seven meals a day or 21 meals a day. We're not trying to do every single meal homemade throughout the week. So like two, okay, that brought me this huge wave of peace and relief. But then also you get to make what you like. Don't make food you don't like.

And also don't set your kitchen up like your mom told you you had to or your mom, dad, or someone else or this professional chef in the cookbook tells you you should. It is your kitchen. Those are your cabinets. You get to use your money to buy your tools, the ones you actually want to use. And then you put them wherever you want in the kitchen, wherever it makes sense to you to make whatever food you actually like when you want to make it, and then whatever you need to do for the other 20 meals in the week. Like cereal for dinner, totally work.

Kendra: Exactly. It's like we have this idea that even most of our energy is going to go into dinner. What if you have a family system... or it's just you. It doesn't matter. What if you have a system in your home where you have more time in the mornings? Make your homemade meal breakfast. If that gives you a lot of joy, like make eggs. You know, make slow scrambled eggs and make French toast. Do things that might take a little more time.

We're just programmed that certain things are supposed to be intentional. Certain things are supposed to be quick. Certain things are supposed to be done this way or that way. I remember reading... it was probably an Instagram post or something. I don't even remember who it was. It was a long time ago. Oh no, I do remember. I do remember. It was Melissa d'Arabian who was... I think that's how you say her last name. She has a couple of cookbooks. She was on Next Food Network Star back in the day.

Stephanie: I loved Food Network Star?

Kendra: I loved it too. She had written this... And by the way, side note Aarti Sequeira who won Next Food Network Star, her season, she endorsed this book. So even a Food Network person is like, "Hey, this book is actually super helpful, you guys. I promise."

But Melissa said something about how when her kids were home and they were younger, and it was something about when her work was happening and when maybe her husband's work was happening... I don't remember the particulars. But basically, as a family they ate lunch together. They made homemade lunch together because dinner...

It was kind of like what you were saying about your kids. It's like the kids would sort of be hungry at different times. Or maybe it was at lunch. Maybe it was they

had dinner at three or something. It was something crazy. Or it was supposedly crazy. That everyone would come home and everyone was like... That's what it was. Three. That's what it was.

Everyone came home from school. Everyone was super hungry. You kind of work hard on the snacking thing. But most of the kids were going to bed a little bit earlier. They had practices or something like that. And so they started having dinner at three o'clock in the afternoon. And then people could sort of snack later on when they wanted to. But that's when they gathered for a meal. And it was like, "It's so good, you guys. It's so good." You can even eat dinner when you want. It doesn't matter. You get to choose what makes sense for you.

Stephanie: Truly this is so fun. This really has been a lesson that I've been learning and learning and learning and unpacking in so many areas of my life. And just the idea that you get to pick and you get to pick what works best for you in this time. And then you can change it. It's just yes to literally everything.

So we could talk about this for seven years. But just as we're finishing up, I want to ask, you said that in the back there's an appendix of how to do different things. And I know that you are the lazy genius. So what is one of your favorite hacks, I guess, that you've come across? Is there something that you use for either organizing your shopping or cooking or you don't have to or you can?

Kendra: I think one of the most powerful things, and I share this publicly, but for a lot of people who are not familiar with me, I think one of the most powerful things that you can do when it comes to your meals is to make a list of what I call brainless crowd-pleasers.

Here's what the definition is. A brainless crowd-pleaser is something that does not require any thinking for the person. Like it's just you can do this. This is the irony of it. Or not the irony. This is the beauty of it. For you, I think homemade pasta is in some ways a brainless crowd pleaser for you, because everybody likes pasta. Now it might take a little bit of time, but like you love doing it.

Stephanie: It's definitely my party trick. It's not like, you know, "It's Tuesday, let's have dinner kind of thing." But it definitely is like, it's my turn to make meal on vacation, like, "Everyone gathered around. Look at what I can do."

Kendra: Yes, we're going to make pasta. But a brainless crowd pleaser is something that is easy, is brainless for the cook. It does not require a lot of effort, a lot of checking notes, a lot of energy, a lot of decision-making energy for the person cooking the meal. And it is generally pleasing to whoever is eating it.

So depending on the family, depending on the person, hot dogs are probably a brainless crowd-pleaser. Now, do I love eating hotdogs myself? Not really. But it sure doesn't require any brainpower. And my family likes them. Like we're fine.

But guess what else is a brainless crowd pleaser in our house? Chicken tikka masala. My kids love it. I love to make it. It's one of my favorite things that I make. You get to make your list. So what happens when you go into meal planning or shopping or whatever, trying to... Meal planning is deciding what you're going to eat a little ahead of time. That's all it is. You get to decide what the scope of it is and how many meals. Like you're just deciding a little bit ahead of time what to eat. That's all it is.

So if you have a list of brainless crowd-pleasers, for you, for you, it could be one thing, it could be 20 things, or anywhere in the middle. You can go like, "Oh, it's going to be really busy that day and we will have already hit our house rule of we don't want to eat out more than five times a week. Like we really do want to have to at home or something." You're like, "Okay, but we're doing brainless crowd pleaser, there's those other two. There's no new stuff because it's busy or whatever it is."

It's like a Netflix queue. It's having a queue of things that you're like, "Oh, yeah, I like to watch that. I'd like to eat that. I like to make that. And you pull from that instead of pulling from literally the entire internet, or every cookbook that you aren't... We're making our pools of recipes to pull from just we're too big, like way too big, you guys. So we need to make them so much smaller.

And making a list of your people's brainless crowd-pleasers is I think one of the simplest and most life-changing things that you can do because it's just there. And then you can pull from it and be done.

Stephanie: It's a puddle, not a pool.

Kendra: Oh, it's totally that. It can be a drop. It could be a single solitary drop of water. Like you're not less of a person because you have one thing that you like to make generally that isn't hard that everyone eats. It's okay if it's one. Make it every week. Make it twice a week. Just keep making it until you find something else that you add or until your season of life changes or whatever it is.

Stephanie: Carl and I, our thing and for our girls now too is like how can we like sneak vegetables in here? So there was a while when we would, like, "Oh, I haven't had enough vegetables today." So we'd drink our vegetables. Or we'll do, okay, well, this night went crazy but we're all eating Kraft mac and cheese with a side of salad, broccoli, or something like that, we throw something good here on the side if we need to eat along with something else that just like got the job done.

Kendra: Right.

Stephanie: Kendra, this is seriously maybe the most necessary and freeing hour of my life that I've had in a long time. Thank you.

Kendra: I'm so glad. I'm so glad.

Stephanie: Thank you, thank you, thank you. We're going to link to everything in the show notes. But just for women listening, where can they find you? Where can they pick up your book? Because I know that surely we're going to hang up and I'm going to go preorder it.

Kendra: That's very kind. It's funny because I know that promoting things that you make... You know, this is a weird job that we have. You're trying to encourage people to consume something and engage in something that you made out of thin air. And it's a weird thing. It's a weird job.

And sometimes, and I feel this too, we hear people doing interviews on podcasts and talking about their new book and all the things. And part of us is understandably a little bit skeptical, maybe. Not that the book isn't any good or what the person is saying is good, but it's like, "Well, of course they're going to say it's good because they want me to buy it."

And I just want to say right now. If all of you just got it from the library, I would still be deeply, deeply happy that I didn't make a penny off of it. Because if you haven't already been able to tell, I believe so deeply in this message and I believe in my dadgum marrow that this book will change your life. I will stake a lot of things on that.

Even my publisher was like, "What category is this? Because this isn't a cookbook. I was like, "No, put it in the cookbooks." There's no book like this. I've been waiting for someone to write this book for 20 years and no one has. So I'm like, "Fine, I'll write it." It is so deeply empowering and permission-giving and practical and helpful. And it is truly going to change your life in the kitchen.

So I just want to say I believe in it so much. And even if you all just get it at your library, I will be just as happy as if you buy it. You can buy it anywhere. You can buy it from any major retailer. You can call your independent bookstore and have them order it for you if they don't already have it. So you can get the book anywhere. It's called *The Lazy Genius Kitchen*.

I'm on Instagram @thelazygenius. I have a podcast called The Lazy Genius Podcast. Again, google "lazy genius," you will find me with all the things. It's all the things. And the website where everything is housed, the podcasts, the blog, links to the book, all of that is thelazygeniuscollective.com.

Stephanie: Awesome, Kendra, seriously, thank you. Thank you for the work you do. And specifically, thank you, thank you, thank you for this work that you do. It is going to make my life a lot easier. And I'm very grateful.

Kendra: I'm so so thrilled. Thanks for having me.

[01:06:38] <music>

Outro: You guys, isn't Kendra amazing? I just love her. Don't forget that if you ever want to find the links for any of the things we talked about in our Girls Night episodes, you can always find those over in our show notes. Just head over to Girlsnightpodcast.com and you'll find links for everything, including links for Kendra so you can pre-order her book, listen to her podcast, and follow along with all the great stuff she's doing.

Friends, that's it for today's episode, but we have so much good stuff ahead this season. And with that in mind, now is the perfect time to make sure you're subscribed. Subscribing to the show is the best way to make sure you never miss an episode. It won't send you an email or anything. It'll just make sure that your phone downloads the latest episode when anyone's released.

And I did want to take a quick second to ask you a favor. If you enjoyed this episode, or if you've been a Girls Night fan for a while now, would you take just two quick seconds to leave us a rating and review on iTunes? Those reviews help out our podcasts so much and it really would mean the world to me. So if you take two quick seconds to do that, I'd be so grateful. Friends, thanks so much for joining me for Girls Night. I'll see you next week.