

## **Welcome to Week Six!**

*Here is our game plan....*

### **Watch, Read and Learn:**

- **Prepare:** Print off the PDF's that I provided. Look through the recipes and figure out which foods are the most accessible (and affordable) for you and highlight them. Then chose which foods you and your family will enjoy the most try out those recipes!
- **Make a plan:** Pick and choose which foods you want to prepare and make up a plan for your week. Write it all down as a meal plan. Then make up your grocery list and go shopping. Designate a day that will be your "prep day" and make-ahead as many meals as you can. Note the time it takes you to prepare these meals and write it down. With time you will notice that your time in the kitchen greatly diminishes!

### **Cook and Prep:**

- **Prepare:** Buy the ingredients do all the prep work that you can on your prep day. Make ahead foods that will make your week easier, like dressings and dips that you will be using for multiple recipes.
- **Enlist:** Get your family members involved in the prep work. Kids love this part. Have them pack fruit into bags for make-ahead smoothie packs, or put the fillings into jars for the salads-in-a-jar. Have your family members pack their own lunches based on the recipes I provided.

### **Experiment:**

- **Trial:** Try out many of the different recipes and find out which work the best with your lifestyle. Then make a master list of meals that you can rotate through
- **Plan:** Make up a meal plan for a week, and then a month! Start making grocery lists that you can almost memorize so your shopping gets even easier. Learn which foods you most routinely enjoy and make them a permanent part of your rotation!

## Find Your WHY:

- **Read:** Read through and complete the “finding your why” exercise that I provided. Find your why and make a strong mental note of that. When you have a solid why you will always have a game plan!
- **Share:** Share your why with your family. They will appreciate how important this is to you. Tell them why this program is changing your life for the better and how you plan to continue to make this a permanent way to live and achieve your health goals!

## Practice Mindful Eating:

- **Read:** Read about mindful eating and practice it. You might feel awkward at first but with practice it will help you so much!
- **Implement:** practice mindful eating every chance you get. Realize that this practice is not only connecting you better to the foods you eat, but it is also decreasing your stress (and hormonal response) and improving your digestion!

## Go Out to Eat and CELEBRATE!

- **Prepare:** print off the PDF about eating healthy when dining out and figure out your game plan!
- **Enjoy:** Implement the steps and tips that I outlined in the PDF. Enjoy a healthy meal that someone else cooks for you without feeling guilty. Get your social life back without the anxiety and overwhelm of worrying about what to eat. Celebrate yourself and your ability to make it through this program! You are a champ!

## **SHARE, LEARN AND ASK QUESTIONS!**

- Use our Facebook Group to ask questions and start discussions. This is the beauty of the group, we can all support each other through this food journey. If you have a question that you wish to keep private and do not want to post in the group, feel free to email me at any time. I will get back to you asap, I check my email often.
- Do not be afraid to ask questions, often times there are many who have the same questions as you do and asking the question opens up a great conversation for the entire group!
- Please share your experiences and successes in the group. It is great to hear new discoveries that you are making, as well as, the hurdles that you have overcome.
- Anything goes in the group, ask away! Remember, information shared within the group stays in the group. It is confidential and will not be shared outside of the group!