

# Food Planning

The Mind  
&  
Body Coach

## Prep - Go On Do it!

What a fabulous way to start!

No Judgement  Pure Honesty

What does a typical week of food look like for you?

What time is your first meal?

What time is your last meal?

Do you drink pop, coffee or sugary juices?

Do you like pudding after each meal?

Do you find yourself picking between meals?



7 Days Prep week is all about preparing your mind, body, cupboards & Family - record everything, every single thing you eat & moods. Clear out your cupboards, fridge, freezer - make way for the new!

# Investments and steps

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Things to invest in - Blender, sharp knife, smoothie maker, Ziplock bags, Tubaware, Cling film, parchment paper, tin foil, meal boxes & label or marker pen.

Step 1 - 7 Days Prep Week.

Step 2 - Small investment - Long Term Gain.

Step 3 - Think about what type of meals you would like for each meal x 7 days.

Step 4 - Create a shopping list - Only buy what's on the list.

Step 5 - Diary plan shopping day & prep.

Step 6 - Time to meal prep - allow 1-2 hours for this (pop on some music or a podcast).

Step 7 - Get up & do it! Batch cook time! (Food in fridge lasts 3 days) (Food in Freezer last 3 months - make sure you date & Label)

TOP TIP- Frozen Fruit, veg & Chicken are handy to buy.

*"Remember being prepared isn't half of the battle, **IT IS THE BATTLE!**" - Autumn Calabrese*