

CHANGE YOUR THOUGHTS, CHANGE YOUR LIFE

► **NOTES: WEEK ONE**
NUTRITION

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Menu Planing for Success

Preparation is a game-changer. I recommend planning and prepping meals and meal 'stuff' 2-days a week. This one recommendation will get you eating healthier, with less stress and achieving your health goals if implemented on a consistent basis.

Here's some more tips to use for weekly grocery shopping and menu planning.

- After you've planned your meals for the week, create your grocery list. Use your Notes app in your smart phone, so you always have the list of what you need when you're out.
- Write your menu plan for the week, and post it on the fridge or in the kitchen so everyone in your family can see it easily.
- Include your family in menu planning. Ask them to post ideas on a family menu note pad.
- Create a folder on your computer with recipes you want to make, for easy accessibility.
- Save your weekly Menu plans in a folder on your computer. If you save 4 - 8 plans, you can circulate them for reuse. Before you know it, you'll have a plans ready-to-go and filled with your favorite recipes, to make future meal planning even easier (or even just reuse).
- Wash berries and store in a colander or other aerated container to prevent spoilage.
- Prep smoothie and juice ingredients the night before, so everything is ready to-go in the am.
- Make a few dips, like guacamole or pumpkin seed pate, to make your veggie-snacks tastier!
- Cook once, eat twice. Make a double portion, for two meals to save on time.
- Cook non-gluten grains like quinoa ahead of time for quick and easy meal preps.
- Wash and prepare your veggies for salads, side-dishes and snacks 2x per week

Your Homework:

Experiment with menu planning — for this coming week, choose 2 days to plan and prep. Decide which days you'll plan, shop and prepare, to make the other days easier.

Bonus Tip: 6 Ways to add more Veggies

The BEST thing you can do for your health is to add more vegetables and fruits to your diet.

Focus on leafy greens. Pound for pound they are the most nutrient dense food on the planet, PLUS they're easy to add to every meal, when making juices, smoothies and salads every day.

To begin, I organized 6 ways to include more veggies in my diet, so I'm sharing them with you, so you tap can enjoy more in your diet! Coincidentally, they all start with the letter 'S' = S6x

- **Soups** – homemade — super simple, quick and easy and always with leafy greens
- **Salads** – Leafy greens loaded with fresh veggies and avocado
- **Smoothies** – add leafy greens to your smoothie as a meal or a midday snack.
- **Sides** - with lunch and dinner (steamed, sautéed, roasted, raw)
- **Snacks** – veggies and hummus for example
- **Sandwiches** — Lettuce wraps — Wrap veggies, avocado, hummus and fermented sauerkraut in leafy greens, like collard leaves, cabbage leaves and even iceberg leaves to make a more nutrient-dense, clean 'sandwich.'