

The Mastering Your Meals Quickly, Consistently, & Easily Blue Print to Success

Steps	Problem	Solution	Benefits	Tools
Step 1: Find Intrinsic Motivation	Lack of deep motivation. Your motivation to eat healthy or stay in shape are not rooted in deep set inspiration.	Figure out what truly motivates you at a deeper level to get healthy.	<ul style="list-style-type: none"> ➤ Avoid temptations ➤ Stay on track ➤ Beat roadblocks ➤ Enthusiasm to reach goals 	<ul style="list-style-type: none"> ✓ 5 why technique ✓ Ready, willing, able ✓ Limiting factors, advantages, and goals log ✓ Want-willing-won't ✓ Goals infographic
Step 2: Create Supportive Environment	The people, food, and things you're surrounded by limit your progress	Eliminate or reduce bad influences. Get rid of things or people that keep you from your goals	<ul style="list-style-type: none"> ➤ Clarity ➤ Staying on track ➤ Goal focus ➤ Motivation 	<ul style="list-style-type: none"> ✓ Social support ✓ Kitchen setup ✓ People assessment
Step 3: Reduce Stress	You're too stressed to find the time or effort to eat healthy.	Eliminate stress and bad habits and find time you didn't know you had. Free up time to create healthy habits	<ul style="list-style-type: none"> ➤ Habit formation ➤ Stress reduction ➤ More time ➤ More focus ➤ More awareness 	<ul style="list-style-type: none"> ✓ Stress & recovery ✓ Sphere of control ✓ Planning & time use ✓ Good stress, bad stress
Step 4: Grocery Shopping	You don't know what to buy at the store to make a healthy meal. You don't know how much to buy to feed you and/or your family	Learn the healthy whole foods to shop for. Buy enough food to keep you satiated.	<ul style="list-style-type: none"> ➤ Feel better ➤ More energy ➤ Gaining more nutrients ➤ Easy and quick ingredients 	<ul style="list-style-type: none"> ✓ Grocery store map ✓ Shopping macro list ✓ Food estimate worksheet ✓ What should I eat? ✓ Fruits and vegetables
Step 5: Meal Prep	You don't know how to prepare meals in bulk that are healthy and delicious	Learn quick techniques to be able to whip up a healthy meal anytime. Make more food to eat all week.	<ul style="list-style-type: none"> ➤ Reduced decision fatigue ➤ Healthy food ready to eat ➤ Avoiding unhealthy food ➤ More energy 	<ul style="list-style-type: none"> ✓ Portion control guide ✓ Cooking approach/ techniques ✓ Meal prep recipes ✓ Create the perfect meal ✓ 3 steps for prepping your veggies ✓ Weekly meal prep mastered
Step 6: Travel/Busy Eating	In busy, travel, or stressful times you regress to old eating habits. You find it hard to come back to healthy eating. You tend to eat poorly at restaurants.	Learn how to pack meals and snacks for busy times. Prepare for stress and lack of time. Learn how to eat well when you go out.	<ul style="list-style-type: none"> ➤ Decreased stress ➤ Healthy to go ➤ Feeling better in hectic situations ➤ Staying prepared ➤ Healthy food out 	<ul style="list-style-type: none"> ✓ 25 ways to eat well on the go ✓ The guide to eating out and eating while you're traveling ✓ Why you can't stop eating junk food