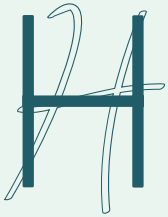


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NUTRITION

The  
Ultimate  
Guide to  
*Meal  
Planning*



# Plan for the life you want to create



How often have you started following a healthy eating plan only to be forced to make unhealthy choices because you didn't have the right foods in the fridge, you didn't have time to eat a 'proper' breakfast or make the lunch you wanted to take to work? I'm guessing quite a few because that's just what happens when life gets in the way.

You've probably heard the saying 'failing to plan is planning to fail'. Or maybe 'goals without a plan are just wishes'? They are things that we want but we have not yet committed to doing them...

Without a weekly food plan, it will be pure luck if you end up with the right foods in the fridge or cupboards. And, without planning your time, you won't always make the time to enjoy breakfast or make that lunch.

Here's the thing about planning:

## You need to actually plan to plan.

It's easy to get derailed by events, situations, relationships and tasks that insert themselves into our already-busy lives. So, if you're committed to changing the way you eat, feeling better in your body and, in fact, making any change in your life, this guide is perfect for you.

## Use the weekly planner to look at the week ahead.

The very first thing you need to do is to find time to sit down and plan your meals. When can you do that? Get that in the diary now.

I have a few handy meal and shopping planners for you to help make that job much easier. Get out your favourite cookbooks, look up some new recipes and get inspired! You can even add the ingredients to your shopping list as you go.

If you're one of those super-busy people who always finds themselves complaining that they don't have time, I have an exercise for that, too...

Ask yourself how you feel about how you are spending your time. Are you in control of your time? If you looked back over your life, would you be happy with the way you had spent your time?

## Bringing awareness to how you spend your time could be really life changing.

Every day over the next week use the daily planner to jot down everything you are doing in the time slots provided. This can help you discover the REAL reason behind what you say you want and what you actually do. It's common, for example, to realise you are spending 15+ hours a week randomly online (on Facebook, following links or doing 'research').

## Look at the cold hard facts.

Where are you losing time or being inefficient with it?

What is the cost to you of spending your time like this? Does it make it impossible to follow a healthy eating plan? Are the Starbucks breakfast bills piling up because you haven't made time to get breakfast at home? How is this working for you? It's often incredible how much time you gain reclaim so reorganise your life in a new way to fit in your new healthy habits.

I think you're going to love this little planning book. It's all you need to create the space in your life to create the life that you want and stay on track with your healthy habits.

Enjoy!

*Rachel x*

# THE MEAL PLAN

	BREAKFAST	LUNCH	SNACKS	DINNER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



# THE GROCERY LIST

FRUIT & VEG

MEAT/FISH

FRIDGE

DRY GOODS

FREEZER

HOUSEHOLD

MISC

# WEEKLY TIME PLANNER

EVERY DAY OVER THE NEXT WEEK, COMPLETE EACH SECTION OF THE TABLE TO IDENTIFY HOW YOU SPEND YOUR DAY.  
LOOK FOR WHERE YOU CAN CREATE TIME FOR YOURSELF TO PRIORITISE AND FOCUS ON YOUR HEALTH, FITNESS AND WELLBEING.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7-8							
8-9							
9-10							
10-11							
11-12							
12-13							
13-14							
14-15							
15-16							
16-17							
17-18							
18-19							
19-20							
21-22							
22-23							
23-24							