

The YOU CHOOSE! Meal Plan!

STEP ONE Evaluate your current daily practices.

Begin by recording the following:

- Wake and sleep times
- Activities throughout day (including meals)
- Specific food(s) that may or may not be involved in your activities

Review what you have recorded and critically assess your routine:

- Highlight any unhealthy habits that contribute to your poor diet
- Highlight the unhealthy foods included in your diet
- Underline any activity for which the start/end time is not flexible
- Place a bracket around long stretches of time that you go without really eating
- Write down anything you notice as a key contributors to your current diet

You may use the sample below as a guide during your evaluation.

MONDAY'S CURRENT DAILY PRACTICES

	Activity	Food Involved
KEY CONTRIBUTORS:	6:00AM Wake up, shower, and <u>shave</u>	None
	7:00 Breakfast and read the news	Strawberries and 2 slices of toast
My snacks are what's available in the vending machine	8:00 <u>Drive to work</u>	Starbucks Java Chip Frap
	9:00 Check and respond to emails	Pastry of some sort
I only eat when I'm emailing or at a "scheduled time for food"	10:00 <u>Meeting</u>	None
	11:00 Various work at desk	None
I'm so hungry I can't wait to eat until I get home so I go for something fast	12:00PM Lunch	Apple and a soft drink
	1:00 <u>Various work at desk</u>	None
	2:00 Make calls to clients	None
	3:00 Check and respond to emails	M&Ms or Skittles
	4:00 Various work at desk	None
	5:00 Drive to gym and workout	Energy drink
	6:00 Finish workout and drive home	None
	7:00 Dinner	Taco Bell Combo Meal
	8:00 Watch TV and send personal emails	Ice Cream
	9:00 Read and prepare for bedtime	None
	10:00 Go to sleep for the night	None

STEP TWO Choose how to make your new diet fit your lifestyle.

Use your current daily practices to create a healthy eating schedule:

- Acknowledge what you have indicated as an unhealthy habit
- Pay close attention to major contributors and try addressing each of them
- Be realistic

You may use the sample on the following page as a guide.

MONDAY'S YOUCHOOSE SCHEDULE

ADDRESSING HABITS:

Bring food from home to keep stocked in your desk/mini-fridge to create your own "vending machine"

Keep eating when you email, just switch up what kind of sugar you're consuming and throw in a little something extra.

If you need something fast for dinner, bring a healthy prepackaged meal home with you and pop it in the microwave for something quick.

	Activity	Food Involved
6:00AM	Wake up, shower, and <u>shave</u>	None
7:00	Breakfast and <i>listen to the news</i>	Egg, bean and spinach scramble
8:00	<u>Drive to work</u>	One cup of coffee
9:00	Check and respond to emails	Fruit of choice
10:00	<u>Meeting</u>	None
11:00	Various work at desk	None
12:00PM	Lunch	Apple, almond butter and kale chips
1:00	<u>Various work at desk</u>	None
2:00	Make calls to clients	None
3:00	Check and respond to emails	Custom trail mix (some M&Ms)
4:00	Various work at desk	None
5:00	Drive to gym and workout	Healthy energy bar (KIND, Lara, etc.)
6:00	Finish workout and drive home	None
7:00	Dinner	Prepped meal (Mel's meals, SnapKitchen, etc.)
8:00	Watch TV and send personal emails	Ice Cream made with Coconut Milk
9:00	Read and prepare for bedtime	None
10:00	Go to sleep for the night	None

Listening to the news frees up time for you to prepare a real breakfast.

Try a real energy source instead of an artificial one.

While dessert this late is not ideal, substituting a slightly healthier (but still delicious) option is a step in the right direction.

In most cases, smaller meals spread throughout the day keep your body energized and your metabolism up.

Bigger, more protein dense meals early in the day supply your body with the fuel it needs

By providing the right nutrients regularly and never really feeling "hungry" you avoid the desperate "Taco Bell run"

No diet is totally perfect. It's important to let your habits work for you instead of driving yourself crazy trying to change them completely. Small changes over time lead to big changes that last!

KEEP THESE
HINTS
IN MIND

STEP THREE Set yourself up for discovery... and success!

Remember the following:

Nothing changes in a day. Sustainable change is incremental and ideally holistic, not a hyperfocused plan that punishes you for occasionally giving in to a piece of cake. In order to set yourself up for sustainable, discovery based success, think about the plan as a *part of living life well*.

Be sure to consider these questions:

What will you do if/when you "slip up"?

In what ways are you flexible in your new meal plan? Inflexible?

How can you set yourself up to learn from "mistakes"?

What will you need to not give up?

Is the plan you have set realistic? How do you know?

STEP FOUR Ready, Set... GO!