MEAL PLANNER: WEEK 3

Be Healthy, Happy & Fit Vegetarian Program

WEEKLY MEALS MADE EASY: WEEK 3

Meal planning needs to be easy. One of the reasons I created this 4-week plan for you during your 28-day Transformation was because I want you to feel comfortable creating meals for yourself far beyond your 28-day experience.

This is week 3; you have experienced 2 weeks of meal plans already, and we are about to embark on the third week. You may have already identified foods that you like and dislike and have recorded them in the note section. You may have already created your own meal plan using the blank meal plan. Regardless, I am going to give you 3 simple steps you can take to create the no-fail meal plan. Last week, I gave you two fabulous links for Elana's Pantry and Kris Karr's website, which feature more delicious and deprivation-free recipes. Plus, you will find recipes that are great if you enjoy cooking, live alone, or cook for an entire family.

CREATE YOUR RECIPE BOOK

You can collect recipes online, buy books, or create a binder at home with your favorite recipes for each meal. This is fun, and you can even add pictures. Pinterest is a great way to search for meals, and is also fun, too. Choose meals that you want to eat. Using the Blank Meal Planner provided, write out a breakfast, lunch, and dinner, then plan for the week. If you know your week is going to be hectic, think of foods that are easy to make on Sunday, pre-cook, and make in large batches. Also plan for your snacks. You can refer to your snack handout for all of your options.

MAKE A SHOPPING LIST

Once you have decided on the meals for the week, make a shopping list. If you enjoy going to the grocery store every few days, then only shop for that amount, but having a list is key to de-stress your life at home and in the kitchen.

A prepared you is a happy and healthy you.

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THIS WEEK'S PLAN

THE "BE HEALTHY, HAPPY & FIT" MEALS AT A GLANCE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Gluten-Free Pancakes	Quinoa Breakfast Bowl	Ginger Smoothie	Dairy-Free Yogurt Breakfast	Spiced Kale Scramble	Protein-Packed Healthy Gluten-Free Oatmeal	Chocolate Kale Smoothie
Carrot Ginger Soup with Kale with Sesame Seeds	Corn Chowder (can add protein or side salad)	Asian Cabbage and Papaya Superfood Salad	Spiced Coconut Kale with Pumpkin Ginger Soup	Rainbow Slaw	Mixed Green Salad with ½ cup beans	Leftovers (make it simple on yourself - it is Sunday!)
Veggie Wraps	Super Supper Salad with your choice of protein	Pasta Primavera	Mexican Grilled Tempeh with Simple Braised Greens	Leftovers with a huge salad	Rice & Lentil Salad with Beets with Onion and Cumin	Leftovers with a huge salad

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TIPS FOR THE WEEK:

1. Remember to pre-prep your meals.
2. Remember to think about what you actually are craving.
3. Remember to look at your shopping list, and make notes where needed if you are exchanging or changing any meals.

If you want to add a side dish to any meal, remember to steam, sauté, or roast vegetables or add a beautiful salad. You have so many different recipes to choose from.

Get creative in the kitchen and have fun. Cooking does not have to take long.

Cooking and prepping should be simple and easy. Refer to your simple handout on prepping vegetables to "make them taste delicious"

JUST IN CASE YOU WANT TO CHANGE IT UP

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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MY SIGNATURE SNACK IDEAS FOR THE WEEK

MY NOTES: THIS IS YOUR CHANCE TO WRITE DOWN, IN ADDITION TO YOUR FOOD DIARY, WHAT WORKED FOR YOU AND WHAT DID NOT. THIS IS HOW YOU ARE GOING TO ACCESS YOUR UNIQUE BLUEPRINT FOR SUCCESS!

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