

# The Simple Program Breakdown

## Top 10 Tips: Meals | Making It Work



**O**ne of the biggest obstacles preventing people from reaching their health and wellness goals is a lack of proper planning and preparation. Follow the simple guidelines below to maximize your time and create the perfect kitchen environment. This will help you feel organized, confident, and in control.

**1** **GET RID OF THE JUNK!** Take the time to clean your pantry and fridge of any processed foods, such as anything containing high-fructose corn syrup, refined flours, stabilizers, or hydrogenated fats. Toss or give away boxed cereals, bread, crackers, cereal bars, or meal replacement bars. Generally speaking, if you can't pronounce an ingredient, your gut won't recognize it either! Do not use this as a binge excuse – it will only sabotage your goals and future success.

**2** **BUY ORGANIC.** Hormones in food can mess with your metabolism and hamper your weight loss efforts. Toxins and GMO's in non organic food wreak havoc on your health and don't belong in your body. Purchase organic foods whenever possible. Look in the frozen section for organic produce if price is a concern.

**3** **CHOOSE AND PLAN YOUR MEALS FOR THE WEEK.** What are you craving? Look at the recipes and ask yourself, "What sounds delish?" Have fun choosing and always make choices that will help to simplify your life – consider those nights that you have meetings, or late night commitments, and bust out the crockpot for those nights.

**4** **AFTER YOU CHOOSE YOUR MEALS, MAKE YOUR SHOPPING LIST.** This simple habit will prevent you from buying unnecessary items and trims the cost of your grocery bill.

**5** **PEEL, CHOP AND PREP WHEN YOU GET HOME.** Take the extra time to wash, chop and peel your produce for the week right when you bring home your groceries. I know it can seem like a big task but try employing the entire family and make a date of it. This will save you HOURS during the week, not to mention unwarranted stress!

**6** **MAKE ALL OF YOUR DIPS AND DRESSINGS FOR THE WEEK AT ONCE.** Store them in glass mason jars in the refrigerator.





**7** **COOK ONCE, EAT THREE TIMES.** Go big or go home, baby! Make double, triple or even quadruple portions of your meals for easy leftovers.


**8** **PRE-COOK YOUR PROTEINS AND STORE IN THE FREEZER.** Grill, broil or bake your protein, slice it up and store in the freezer.

**9** **PREP THE NIGHT BEFORE.** Get ahead of the day by prepping your breakfast, smoothies and daily drinks the night before.

**10** **ALWAYS HAVE HEALTHY SNACKS WITH YOU.** This will prevent you from making poor choices when you're out of the house. See your Recipe Guide for ideas.

# A DAY IN YOUR LIFE

Upon Rising 	
Breakfast 	
Mid-Morning 	
Lunch 	
Afternoon 	
Dinner 	
Bedtime 	

 Carrington Beauchap  
Holistic Health Coach



## MY PROMISE TO YOU

My name is Carrington Beauchamp, and I am your health coach here at The Drs. Wolfson. My desire is to see you transition into a way of eating that makes you feel alive, vibrant, healthy, and bopping with energy! I promise to take the overwhelm away and break things down into small steps that you can do. I promise to help you feel supported every step of the way. You are not alone! It's time to change your life, and I am so excited to help!