



a Foodie Stays Fit

Healthy Not Hectic

PHASE II: PLAN

A 21-day Blueprint to Build a Healthy
Lifestyle that Lasts



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"Great things are done by a series of small things brought together." - Vincent Van Gogh

Small changes are more likely to stick than big sweeping changes, and having a plan greatly increases your chances of success. All of these plans are things I personally always do. And at this point, they aren't even things I really have to think about - they're just habits! - but they all help to make working out and eating healthy so much easier, even on the busiest, brutal weeks.

DAY 8 | MAKE A MEAL PLAN FOR DINNERS

Write out what you're planning to make each night of the week and grocery shop for those meals. I typically do this on Saturday afternoons. This helps you avoid the temptation to eat out every night or default to cooking an unhealthy option. Be realistic about how much time you'll spend in the evening cooking; I don't want to spend more than 30-45 minutes cooking each night (max!) so I stick with easy options that leave lots for leftovers.

DAY 9 | MEAL PREP

Make it easy to make healthy choices by having things ready to go when the week inevitably gets busy.

- Chop veggies for salads and roasting
- Cook rice, quinoa and/or lentils
- Grill chicken for dinner and lunch salads
- Make a big pot of soup

The goal is to have things that can just be pulled out and reheated or roasted after work!

DAY 10 | PLAN YOUR WORKOUTS FOR THE WEEK

Map out what workout you will do on what day and at exactly what time. You can use Google Calendar, Outlook, your phone calendar, your paper calendar or just a sticky note on your fridge. Just put it somewhere where you'll see it daily!

Treat these like appointments - you wouldn't dare cancel your hair appointment, right? Treat this the same way.

DAY 11 | MAKE A WORKOUT DATE WITH A FRIEND

Look at your workout plan for the week and pick one that you can do with a friend. Go for a run with a friend or invite your girlfriend to your favorite class at the gym. Having someone else that is relying on you showing up will greatly decrease the likelihood that you'll skip the workout - and working out with others is just more fun!

DAY 12 | PREP YOUR BREAKFAST THE NIGHT BEFORE

Again, we're trying to make your morning easy and less stressful. Starting off your day on a good note with minimal chaos and a healthy breakfast sets you up for a day of good choices. It may be prepping oatmeal so you can re-heat it or even cracking eggs and scrambling them in a bowl so you can just dump into a pan in the morning. You could put all your smoothie ingredients in a blender, ready to go, or get really ambitious and make homemade granola for your yogurt. Just do SOMETHING in advance so you don't default to a sugary cereal.

DAY 13 | PACK YOUR LUNCH AHEAD OF TIME

If you work at an office or are away from home for lunch at school or wherever life takes you, getting in the habit of packing your lunch will significantly improve your health (and budget!). When you dine out, it's much harder to control what goes into your food, and we're usually more tempted to order something that is unhealthy. My packed lunches are usually dinner leftovers or a salad, both of which are easier after Day 9!

DAY 14 | PREP COFFEE/TEA/LEMON WATER THE NIGHT BEFORE

Whatever is the first thing you drink in the morning, prep it the night before so it's all ready to go in the morning. Have your tea measured out in a tea pot, your coffee pot scheduled to turn on when you need it to, your lemon water squeezed into a large mason jar, etc. Whatever it is, prep it at night. And if you're working out in the morning, set out your workout gear too!