



Week 5

Now that you've had some time to plan and create high protein breakfasts, let's add on meal planning for your day. I suggest you start off with planning dinner for the week. I encourage "leftovers for lunch" to remove additional planning or prepping, and then build in snacks as needed.

After a few weeks of meal planning, you will have a few weeks of breakfasts, dinners (and therefore lunches) and snacks planned out. Once you have a few weeks planned, the work is done if you choose to simply re-use your plans for upcoming weeks.

I like to plan simple dinners on evenings where I may have activities or commitments going on. A busy night may not be the best option to try and learn a new recipe.

We all have a "library" of go-to meals we make, and with the added plan to prioritize the protein, you can easily adapt any meal you make to accommodate this.

Today's video module focuses on creating weekly meal plans using current favorite meals, getting inspiration from new ideas, planning "leftovers for lunch", and building in snacks to your day.

Habit #5 : Meal Planning

Check out [this meal planning template](#) to plan out your meals for the week. Save your meal plans from week to week to refer to and lessen the work of coming up with new ones all the time.

Accountability Check-in

Looking back over the past weeks, have you noticed any habits getting easier? Are some more challenging than others? This is a great week to dial in on what needs more work and perhaps requires assessing to increase your consistency.

It is the performance of daily habits that add up to long term success. And of course, everyone will define success differently based on what is important to them and the direction they are working towards. Those who excel in any endeavor rarely attribute what they have achieved to motivation. Success is the visible end result of repetition, hard work and diligence. There will be days you are motivated to move forward and do what needs to be done, but there will also be many days where you are not motivated, and you need to rely on more than motivation to do what needs to be done. This is where your habitual day-to-day behaviors come in.





Summary Week 5

Actionable items for this week:



- Download the document to follow along with this week's video module
- Watch this week's video module
- Download the meal planning template
- Using the meal planning template, plan out your meals for the week including snacks.
- Track whether or not you make the meals listed in your meal planing.
- PLUS continue tracking your daily minimum protein, water, high protein breakfast and 30 minutes of walking goals.

Reach out **via email** if you have any questions. I will also compile a FAQ document of all the questions I receive. Chances are that if you have a question, someone else does too.
