

TONIC

LONDON

DON'T WISH FOR A HEALTHIER BODY. OWN ONE.

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THE POWER OF MEAL PREP

When it comes to eating healthy and feeling great, meal planning is one of the simplest things you can do to set yourself up for success. There are no rules and you can't mess it up. The key is just to start by setting aside a little bit of time each week to do it. There are so many ways to approach meal planning that, after doing it just once or twice, you'll begin to see the difference and reap the rewards very quickly.

Take a few moments to think about what you have going on next week. Considering everyone's plans will give you a good idea of how many meals you'll need for the week ahead, and how much mileage you can get from each recipe.

1

Protein: Chicken breast or thighs, turkey breast, salmon, cod, haddock, prawns, tuna, steak, beef, pork, bacon, eggs, cheese, yoghurt, black beans, lentils, tofu, tempeh.

2

Vegetables: Spinach, green beans, broccoli, sprouts, asparagus, kale, carrots, squash, mushrooms, lettuce, peppers, spring onions, tomato, avocado, cucumber.

3

Starch: Quinoa, brown rice, black rice, wild rice, sweet potatoes, wholegrain pasta, rolled oats, wholegrain bread or pitta.
Healthy fats: coconut oil, olive oil, flax oil



Living a healthy lifestyle doesn't have to be difficult. Step outside your comfort zone and have some fun with your food.



Planning ahead will free up your time to fit in exercise, or relax.



All the ingredients on the left can be mixed and matched.

If you have a busy week coming lookout for quick, slow cooker or make-ahead meals that can be served up in a hurry. Spaghetti bolognese or a vegetarian or meat chilli is perfect for busy days. Make a list of go-to meals to make the meal planning process easier. Try one or two new recipes each week and use old favourites to fill in the gaps. Every time you find a new meal you love, add it to your favourites. Finding delicious, healthy recipes isn't hard, the internet can literally provide millions of healthy recipes at your fingertips.



Twice a week plan to make something that freezes well such as a chicken or vegetable curry, make double and freeze the second portion for those days where you don't have any time to cook.

Draw six columns on a sheet of paper. Write the days of the week on the left side, alongside write the meals you plan to eat against each day (breakfast, lunch, dinner, snacks). In the final column write the ingredients you need to buy to make each dish.

Planning ahead really is the number one way to stay on track with healthy eating and it starts each week with a healthy, fresh mind set.

WHY PLAN AHEAD?

Less cheating

Make a point to only purchase the items on your shopping list. This will keep those moments of weakness under control because if it's not in the house, then you just can't eat it!

Saves money

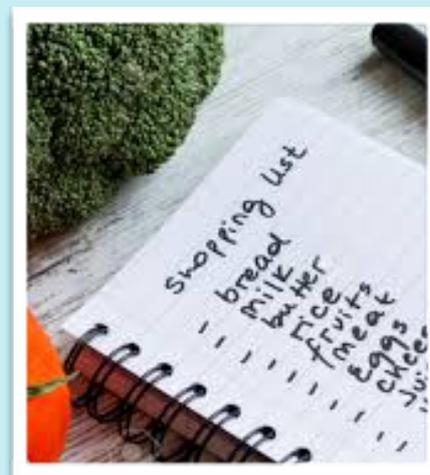
Do you wing it each day? Do you make or buy whatever you're in the mood for? By planning a week's worth of breakfasts, lunches, dinners and snacks you will save money and waste less.

Saves time

Meal planning will help you stay on track and give you more time in the evenings to exercise, relax or do whatever you want besides rushing home to cook from scratch.

Improves overall health

When you plan your meals ahead of time you will be fuelling your body with wholesome nutritious food, and giving yourself time to exercise and your body to recover from a busy day.



Cheryl Hicks offers Tonic patients complimentary support with motivation, health and well-being. Drop Cheryl an email on cherylkhicks@me.com for free support and further information.