



Module 11 Summary:

Prepping food

Checklist, before you move onto this module, have you:

- ✓ Read the module lesson from previous module.
- ✓ Watched the video.
- ✓ Completed the exercise class at least 3 times last week?
- ✓ Had a 90% adherence rate to the new habit, add one more hour of exercise each week?

This may take a while longer to implement so be prepared to stay with this habit until you feel secure with it. We are working towards five hours a week of exercise.

Completed the previous modules assignments:

- Review your first three-day menu and provide changes/written critique against 5 habits.
- Complete video: cardio level 2 workout.
- Weekly adherence sheet - week 10.

Then let's move on and look at how to prepare your food within your busy schedule, and look at incorporating a Sunday or Evening Ritual to help with this and offer practical tools and tips to help preparing food on a busy schedule.

Your homework this week is:

- Complete Video: shoulder rehab & workout
- Weekly adherence sheet - week 11



Module 11: Prepping your food

Habit 11: Prepping your food

Exercise of the week: Shoulder rehab & workout

Busy schedule:

The hardest part about eating well isn't necessarily understanding which foods are good and which are bad. Nor is it understanding protein, carbs and fats, and when we eat them. The hardest part is consistency. Often it is about times in the day when good nutrition is less about what food you are eating and more about making sure the food is available when it is time to eat.

Thus, you need to come up with your own personalised food strategies in order to ensure that you can consistently get the nutrition you need when you need it. Whether that means cooking a group of meals or prepping food on a Sunday (the Sunday Ritual) for the upcoming week; getting up 30 minutes earlier and preparing food for the rest of the day; or hiring a food preparation service to do it for you (www.cookfood.net) It is critical to have a plan. As the old cliché states 'failing to plan is planning to fail'

Food Preparation

Jobs, commitments and responsibilities. I know you've time-managed your way to barely having any free time for yourself. I know the last you want to do with your one free hour every day is cook meals -but of all the daily commitments you make each day, perhaps the most important is the one you make to yourself - the commitment to exercise, supplement and eat the best food and nutrition you can. I can't teach you commitment, so make the commitment to yourself.

Here's a few speedy food prep ideas, to help:

- **The Evening Ritual.**
- **The Sunday Ritual (same thing as the evening ritual just at beginning of week).**
- **Pre-chopping vegetables.**
- **Pre-cooking protein.**
- **Liquid nutrition.**
- **Hiring a homemade food service - I know sounds like a stretch but don't dismiss it until you have searched online. How about www.cookfood.net?**

Sunday Ritual:

1. Sit down and come up with a meal plan, meal ideas and requirements for the entire week.
2. Calculate roughly how much of each food you'll need for the week and generate a shopping list.
3. Order food to arrive Sunday or even Saturday night if you are having a night in.
4. Begin cooking for the week on Sundays.

Adapt this routine to work for you, some weekly meals maybe easier to cook just prior to meal times so save them for later. Prepare the meals on Sunday that will need to be eaten during work hours or during busy times of the day when food prep becomes difficult.

For example you might find it easier to prepare breakfast and dinners on demand by setting aside a few minutes each day for meal preparation. Others might have a significant other who can prepare these meals for them. Either way these meals can probably wait until they are needed.

HOWEVER lunchtime meals and perhaps two or three daytime snacks usually present a problem for the unprepared. So make these in advance. Sunday is a good time for most to do this preparation. If it suits your lifestyle, use the Sunday ritual to get these lunch and perhaps evening meals ready for the week.

5. Cook the meat/beans, chop the vegetables and set up your weekly supplements as necessary. Get everything ready and set aside so you can grab them in the morning and take them to work regardless of how busy your day will become.

Breakfast Ritual:

Rather than prepare all your weekly food on a single day, you might prefer to do a little food preparation each day. That's what the breakfast ritual is for. You simply perform all of the cooking for the day each morning. You have to prepare breakfast anyway so you can get a couple of meals going while breakfast is being prepared. As with the Sunday ritual, you should play what your day will hold under the best conditions (e.g. home from work early and a relaxing evening ahead) and the worse (e.g. unexpected deadline, kids' activities, or unexpected evening activity). So be a boy scout – be prepared.

Pre-chopped vegetables.

Eating veggies with each meal, a cup full of veggies, this requires a lot of vegetables. So let's plan ahead.

It is best to chop your veggies, soon before eating them. They retain the most nutrients that way.

However, if you're pressed for time and find that you simply don't get enough veggies this way don't keep skipping them. Instead chop up half -your weekly veg as soon as your shopping/box order is delivered and chop the rest when you're finished eating the first half, three or four days later.

Use some big freezer bags or glass containers and separate your vegetables by type. Green peppers go in one bag, red in another, onions in another, spinach in another. You will cut down your food prep time significantly and increase your vegetable intake. Each time you want a salad, a veggie omelette or a stir-fry, either right away or for later at work, a wide variety of pre-cut vegetables are just a bag away.

You can use this for fruit - pineapples, mango, peaches, nectarines, oranges, strawberries all can be pre-cut and frozen for smoothies. You can also add frozen fruits and vegetables to your shopping order to make sure that they are ready for the week.

Work towards up to ten or so servings of vegetables per day – no matter how slowly it needs to happen for you.

Pre-cook your protein:

Another great way to save time in the kitchen and be prepared is to pre-cook your protein for the week. It can be as simple as cooking two roast joints on a Sunday one for the week like chicken and a second for your Sunday roast.

You could precook protein whilst you are preparing your pre-cut vegetables

Prepare a big batch of chicken, turkey or joint of meat and refrigerate them until you need them.

Soups, stews, beans and chilli really come in handy here as well. You can make big batches of these and portion it out over the course of a week.

Batches of stir fry and chilli:

Try cooking up some chilli or stir-fry for dinner once or twice a week. If you cook a big enough batch, you'll get a great tasting dinner plus leftovers that you can refrigerate or even freeze in the case of chilli and then warm up for easy, delicious, home-made lunches all week long.

Get personal and meal sized containers:

Fill up your containers with last night's dinner, a stir-fry, chilli, curry, lasagne and you can easily have a great meal at work with you at lunchtime. By personalising your meal with the right sized container you won't eat too much or too little. While plastic containers are okay, try and stick with glass especially if you plan on microwaving it.

Eat wraps instead of sandwiches:

Sandwiches are on everyone's standby lunch list, they're often too low in protein and veggies and too high in processed carbs. One alternative is a wrap, stuffed with some of the pre-cooked protein as well as some of your pre-cut vegetables.

Liquid Nutrition:

You can experiment with a super smoothie that contains vegetables, a fat and protein sources.

You could consider having a blender both at home and at work a smaller, portable handheld blender or 'The Magic Bullet' for the office. A small, portable handheld blender can be good and are less of a spectacle in the workplace.

Pre blend shakes at home and store them in the fridge at work. Or take them with you whilst on a day out.

Pre-chop all the dry ingredients (mixed nuts, flax, oats, etc) and store them in a reusable glass containers (as with the fruits and vegetables). Put all the dry super smoothie ingredients in a shaker bottle and add the wet ingredients (water, milk etc) when it is time for a shake.

This will help you get a quick meal when you are on the go. Just remember super smoothies aren't necessary, they can just be a good option when healthy, nutrient dense meals aren't handy.

Restaurants:

Use restaurants that have a flexible menu and ask them to increase your protein serving and reduce or remove your carbohydrates, whichever feels easier for you.

Double your order of vegetables and add a serving of minimally processed starchy carbs plus a healthy fat of your choosing.

Start your meal with soup, which increases the feeling of fullness by delaying gastric emptying (time taken for stomach to empty).

Planning for frequent journeys:

Before booking have a look at site of local restaurants and try and find the healthiest, look on their website for their menu and ask them to email over a copy of the menu.

Make a decision before you arrive, it will help you to stick to it.

Or consider preparing some food and snacks before you go and carry a cooler bag or container in the car.

Busy social schedule:

If you have a busy entertaining or social schedule or simply a busy schedule with children or tending to animals. You might lean towards too much finger food or too frequent dinners eaten in uncontrolled environments such as restaurants or pubs. So here are some strategies to follow.

1. Eat before dinner.

When invited out to eat a restaurant with a lot of calorie dense food or at a friend's home, 'pre-eat' a healthy selection of protein, quality vegetables and good fats. Once you get to the dinner you won't be very hungry and can choose to eat a small portion of calorie dense food versus a full meal.

2. Bring some food.

When eating at a friend's house, dinner, lunch or snack. You can offer to bring food that fits into your meal plan. This way if there aren't any healthy options for you, you can snack on or eat the food you have brought. You will be surprised how your healthy option will make you and your snack very popular. You won't be the only one looking for a healthy option.

3. Become the host.

If you go to a lot of social gatherings with others that aren't invested in good nutritional lifestyle, then consider hosting some events instead of simply attending. Have the coffee morning at your house, evening together organised by you. By hosting these events, you can control the foods and your portion sizes.

Nutritional Boredom.

The reality is you are going to have to eat certain foods on a regular basis. There is no way of getting around it. To succeed in the long term, you'll have to keep the nutritional staples constant. Yet how do we stop from getting bored? Well you can keep the staples constant while constantly changing your meals. There are plenty of ways of preparing

lean meats, eggs, vegetables and other healthy foods, so you don't get bored with healthy eating. We need to broaden our culinary skills.

You don't need to enrol in a culinary school or subscribe to a cooking channel, but increasing your knowledge about flavouring and preparing food will help.

1. Get some cooking tips from someone you know – mum, spouse, best friend etc. Even though your friend's staple recipes may not be 'healthy' their seasoning and preparation strategies can be used to your preferred food choices.
2. Trip to a local bookstore for a few basic cookbooks. Most meals can be modified to fit the healthy eating plan by removing or substituting ingredients.
3. Visit a few healthy cooking sites on the internet.
4. Food magazines and maybe even a food subscription – a regular arrival of new ideas will help remind you that we don't need to get bored.
5. If you are a great cook then share your knowledge, let us know on the Facebook page what you have done to improve your recipes.

Homework assignments:

1. **Complete video: Shoulder rehab & workout**
2. **Weekly adherence sheet - week 11**