

**SIMPLY SURVIVING TO  
*TOTALLY THRIVING!***



**CHALLENGE TWO - PART II**



## WELCOME TO YOUR 90 DAY CHALLENGE!

### **The way the challenge works..**

There are 6 CHALLENGES.

Each challenge involves 2 parts...

#### *Part I* - INSTANT ACTION TAKING

Taking yourself through an exercise, a reading, a video, or making an upgrade to your routine.

#### *Part II* - IMPROVEMENT AND SUSTAINABILITY.

Continue taking action with the intention of making it consistent and more manageable. Act, review, improve, repeat.

### **Each WEEK, we release a part of the challenge.**

At the end of each week, every challenger will update us on the action that they took or the improvements that they made.

Momentum... is everything.

Challengers succeed because they take action quickly, and fight to complete what truly matters to them on the deadlines.

### **Warning: These Challenges are easy, but not without constantly showing up.**

They are covering...

- ✓ The 6 Pillars of Health
- ✓ Your Health Map
- ✓ The Defining Things that Shape Your Map
- ✓ Systemising your Nutrition
- ✓ Daily Habits to make Health Sustainable
- ✓ Hitting the Benchmarks for your version of Health
- ✓ High Performance Bio-Hacks

All of this, has one outcome...

## **A TOTALLY THRIVING YOU!**



Did you know that the most common form of stress that people endure on a daily basis today is stress caused by poor nutrition? Which is crazy because it's something that we can all control! Hence why the second challenge is all about working smarter and making good nutrition a normal part of your routine.

In the first part of this challenge you systemised your daily eating habits. Now it's time to level up your nutrition system by organising your weekly habits.

Remember, when we create structure around the things we do daily and weekly, we save a heap of time and energy, and most importantly, we make it easy to get consistent results.

Your aim this week is to create a weekly food plan that saves you literally HOURS per week. According to Ashley Jubinville, The Kitchen Coach, every 10minutes of prior planning saves you 1 hour!

So what are we waiting for? Let's get planning!

## WEEKLY MEAL PLANNING

List EVERYTHING that is currently involved in your weekly food routine and calculate how long each activity takes you each week.

Remember to include:

- Food shopping (include every small trip to the markets, supermarket, butchers – be sure to list every individual shop you visit)
- Commute time to and from supermarkets, cafes, coffee runs etc
- Unpack car and put shopping away
- Meal planning/deciding what to buy and cook
- Meal prep/cooking (yes, you need to calculate the entire weeks' worth. You can leave out days when you usually eat out).



### My weekly food routine:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**TOTAL TIME:**

#### EXAMPLE:

##### Shopping:

Shop 1: Supermarket	45 mins
Shop 2: Veg Market	30 mins
Shop 3: Supermarket	15 mins
Shop 4: Milkbar/Local deli	5 mins

##### Commuting:

Drive to Supermarket (20 min roundtrip) x2	40 mins
Walk to cafe (10 min) x3	30 mins
Coffee run (10 min) x5	50 mins

##### Packing/Unpacking:

Packing car (5 min) x3	15 mins
Putting shopping away (10 min) x3	30 mins

##### Plan/Prep/Cook:

Planning for dinner (10 min) x6	60 mins
Breakfast meal prep (10 min) x6	60 mins
Lunch meal prep (15 min) x6	90 mins
Dinner meal prep (30 min) x6	180 mins

**TOTAL TIME:**

**10 hrs 50 mins**



Does that surprise you?

Do you think there's some time we can gain back by being a bit more organised?

**Let's do it!**



First thing's first, you need a meal plan.

**Benefits of meal planning:**

- Less stress
- Saves money
- Saves time
- Saves energy
- Prevents falling back on to convenience meals
- Less food wastage
- More control over food intake
- More confidence that the food you're serving and eating is nourishing for you and your family

Below is an example of a completed meal plan.

Don't worry if it looks daunting at first, we're going to walk you through it step by step and help you create one that works for you.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACKS	Dark chocolate	Coffee Homemade trail mix	Carrot sticks & hummus	Dates & almonds	Green apple with peanut butter	Popcorn	Coffee Raw cake
Theme							
BREAKFAST	Bircher Museli	Antioxidant Berry Smoothie	Avo & tomato on sourdough	Chia Pudding	Veggie smoothie	Omelette with bacon and greens	-
Theme		L/O	EO	L/O	L/O		EO
LUNCH	Greek Salad with Halloumi and dressing	Leftover Greek Salad in a wrap	Tuna Poke bowl with broccoli & edamame	Leftover Shepherds pie with spinach	Leftover stuffed capsicum & green salad	Vegetable soup & salad	Cafe Brunch
Theme	L/O		FM			FCO	
DINNER	Leftover Chicken Curry (from Sunday)	Salmon on pea mash with bok choy	Shepherds pie (lentils & sweet potato) with broccolini	Spicy quinoa stuffed capsicum & green salad	Steak with warm cauliflower & fennel salad	Whatever's in the fridge	Roast Chicken, potatoes, root veg, gravy, greens

**FREEZER MEAL (FM)**

**LEFTOVERS (L/O)**

**FRIDGE CLEAN-OUT MEAL (FCO)**

**EATING OUT (EO)**





## MEAL PLANNING EXERCISE

### STEP 1: Your Top 10

List your Top 10 healthy Go-To Meals (simple meals that you often cook mid-week because they are quick, easy and you don't need the recipe)

e.g. Meat & 3 veg / Chicken Fajitas / Stir-fry/ Pasta & sauce / Curry...

- 1: \_\_\_\_\_
- 2: \_\_\_\_\_
- 3: \_\_\_\_\_
- 4: \_\_\_\_\_
- 5: \_\_\_\_\_
- 6: \_\_\_\_\_
- 7: \_\_\_\_\_
- 8: \_\_\_\_\_
- 9: \_\_\_\_\_
- 10: \_\_\_\_\_

### STEP 2: Get the template

Print a copy of the 'Meal Planning Template' from this booklet or from the files section of the community group.

### STEP 3: Plan Your Dinners

In the 'Theme' box above dinners, fill in 3 dinner spaces with the following:

- 1 x Dinner = **Freezer Meal (FM)** - homemade meal you've made in advance & frozen in portions
- 1 x Dinner = **Leftovers (L/O)** - leftovers from another dinner cooked in bulk
- 1 x Dinner = **Fridge Clean-Out Meal (FCO)** - meal made out of whatever is left in fridge/pantry
- If you're likely to eat out in the week, mark these meals in the plan **(EO)**

In the other dinner boxes, write in 4 of your go-to meals.

And that's it, a week of dinners planned, just like that!



#### **STEP 4: Plan your breakfasts and lunches**

In the breakfast and lunch boxes, write down more of your go-tos to complete the sheet.

#### **STEP 5: Make your list**

Now you have your meal plan, work out how many times you (or someone else) will go to the shops this week - try to reduce the number of trips from what you're doing now so you save time.

Then write out what you need on each trip.

#### **And the best bit?**

If we all share our one-week meal plan, we will end up with a whole collection of suggested meal plans. All you need is 4 meal plans to have an entire month of meals planned out for you! Next month you can repeat them and you won't even remember what you had to eat 4 weeks ago...

How cool is that!!

You will always get further by working as a team. But remember, everyone needs to contribute for it to work.

Get planning and share away 😊



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SNACKS							
Theme							
BREAKFAST							
Theme							
LUNCH							
Theme							
DINNER							

FREEZER MEAL (FM)      LEFTOVERS (L/O)      FRIDGE CLEAN-OUT MEAL (FCO)      EATING OUT (EO)