



## Preparing and Planning

Many individuals upon looking at the title will say, I know, I know, I know, I have heard and read a million of times on how I need to prepare and plan my food intake for success. The tips you will read in the following paragraphs will sound similar and hopefully bring them front and center in your conscious, but we will start this topic off quite differently. We will begin by asking a few questions for you to think about. We want to have you envision why it is important for you to eat healthy and plan properly for success. Without a vision of what you are aspiring for, we find success with food very frustrating at best.

In order to design and reflect on your vision we feel it is best to start in the proper environment. By proper environment we mean a place you can sit without interruptions, a place of calm, a place that inspires thought. This environment will cause your mind to slow down, clear, and prepare for action. The next step is to take out a pad of paper and begin writing down a vision of what you will become with healthy eating habits. In creating a vision a great place to start is with a few questions on what healthy eating will do for you. Here are some examples:

*How will I feel?  
What will my energy levels be like?  
What will my bodyweight and body fat percentage be?  
How will I look when I eat healthy?  
How will people perceive me when I enter a room?  
Will my body be strong and flexible for my exercises?*

After answering these questions write down your intentions. Intentions are created by someone with the power and desire to do so. Intentions for example within this topic could write like this:

*I intend to eat healthy.  
I intend to end my excuses towards food.  
I intend to let nothing stop me from accomplishing my vision.*

At this stage you should be prepared to create your vision. A few things to keep in mind before you create your ultimate vision and should consider saying out loud.

*There are no limits to my vision  
Think BIG, big visions create intensity, excitement, and the drive to succeed.*

It is so important that your vision stirs the fire inside of you to act, when you're visualizing what it would be to eat healthy also envision the impact it would create in every aspect of your life. I know impact, fire, and intensity are words not commonly associated with food, but we said it needed to be BIG and to stoke your internal fire to create action.

Once the vision is in place you are now prepared to act. At this point we can begin to discuss tips and action steps needed to be successful at preparing and planning your food.

- Based on your vision and goal you have, calculated how many calories you need to consume daily. Refer to our Law of Thermodynamics article for formulas.
- Forecast your week and day's ahead: Think about what and where you will be eating i.e. at home, on the road, or at a restaurant.
- Become aware of how much time you have to eat i.e. 15 min, 30 min, or 60 minutes?
- Cook larger quantities of food that you can place in containers or baggie's. Label each for which meal and day they are to be consumed at. If your goals are very aggressive consider writing down total calories of that container.
- Based on your goals decide how much your daily intake of water should be. Consider having larger bottles on hand that can help you track your daily intake more efficiently.
- When cooking your food, make sure your choices will help you reach your vision. Your choices will determine your success.
- If you are at a restaurant, once again ensure your choices will help you reach your vision. Your choices will determine your success.

- Prepare for the inevitable aspects of life. Have food bars, nutrition shakes, fruit, vegetables, and nuts on hand if you need something quick and on the run.

If you find yourself looking at the above action steps and saying “I don’t have enough time for that”, begin by first re-examining your vision. It is quite possible the vision or goal is not really you. If so, rewrite a vision that will create the fire within, and that will have you saying, “When do I start?” to the above action steps.