

Create A Meal Plan

Instead of thinking about what not to eat, focus on all the good food you can eat! Map out a plan of what you are going to eat and when. Every day is another chance to get stronger, to eat better, to live healthier and to be the best version of you! Stay positive, work hard, and make it happen - You got this!

	BREAKFAST	LUNCH	DINNER
DAY 1 _____			
DAY 2 _____			
DAY 3 _____			
DAY 4 _____			
DAY 5 _____			

Need more recipe ideas? Check out <https://www.mindfulhealthwithlori.com/resources> (under Recipes), <https://www.pinterest.com/BMindfulHealth/> & <https://www.facebook.com/BMindfulHealth/>

Affirmations to say every day: "My power starts with belief in myself", "Whatever I am guided to do today will be a success", "I have control over my eating habits. I enjoy good foods, and can resist something that does not align with my health goals", "It's up to me to shape my future, to take control and seize every opportunity. The power is in the choices I make each day."

Need more support? Contact Lori Kearney at info@mindfulhealthwithlori.com.