Maximize your nutrition and plan for success!

This concept won’t sound new to you… AND… I can’t even begin to stress the importance of it!

**\*\*\*MEAL PREPPING IS A MUST!!!\*\*\***

***You can't expect yourself to eat and be healthy without putting in a little work.*** There is no such thing as the healthy food fairy 🧚🏻 so you have to plan your meals to make sure you are getting all the nutrients you need AND to avoid eating foods that rob your body of energy or make you feel like crap.

What happens when you **don’t** plan...

🤦🏻‍♀️You eat out WAY more and can be easily tempted with not so good foods

🤦🏻‍♀️ You find yourself starving and would eat anything that crosses your path

🤦🏻‍♀️ You under eat or have incomplete meals leaving your body under nourished

Meal prepping **doesn’t mean spending hours** in the kitchen on a Sunday (unless that’s what you like).

It can be as simple as...

🙇🏻‍♀️ Being mindful about where your next meal will come from and researching the options beforehand

🙇🏻‍♀️ Grocery shopping 1-2 times per week to have healthy foods on hand

🙇🏻‍♀️ Using a great tool like ***@realplans\**** to do the planning for you

🙇🏻‍♀️ Signing up for a healthy food or meal delivery service

*\*\*Ask me more about a great opportunity for you with RealPlans!\*\**

*\*\*Ask me more for personal recommendations about other meal prep services… some are GREAT… and others I may not recommend\*\**

What is one reasonable meal prep action you can challenge yourself to take today to be more mindful and set yourself up for nutritional success?

Whatever your action is, practice this habit for the next 14 days to improve health and feel your best!

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