

How To  
**Meal Plan**  
To Lose Weight  
*Workbook*

**Episode 1: How To Finally Make Meal Planning Work for You.**

What you are going to learn:

**My 7-step meal planning framework for how to create 7 days of meal plans so you can:**

- Structure your meals so they hit your nutrition goals
- Eat food you like to eat
- Create your own customized meal plan rotation to save your hours every week

**Episode 2: Why Meal Planning Alone Won't Work.**

Do you have subconscious lies you believe?

**Take some time to reflect on if you have subconscious lies you believe about yourself, such as:**

- I'm not actually worth taking the time to meal plan weekly
- I'm not capable of being consistent with meal planning
- I'll never actually change

**How will you challenge those beliefs?**

*Lie I'm currently believing:*

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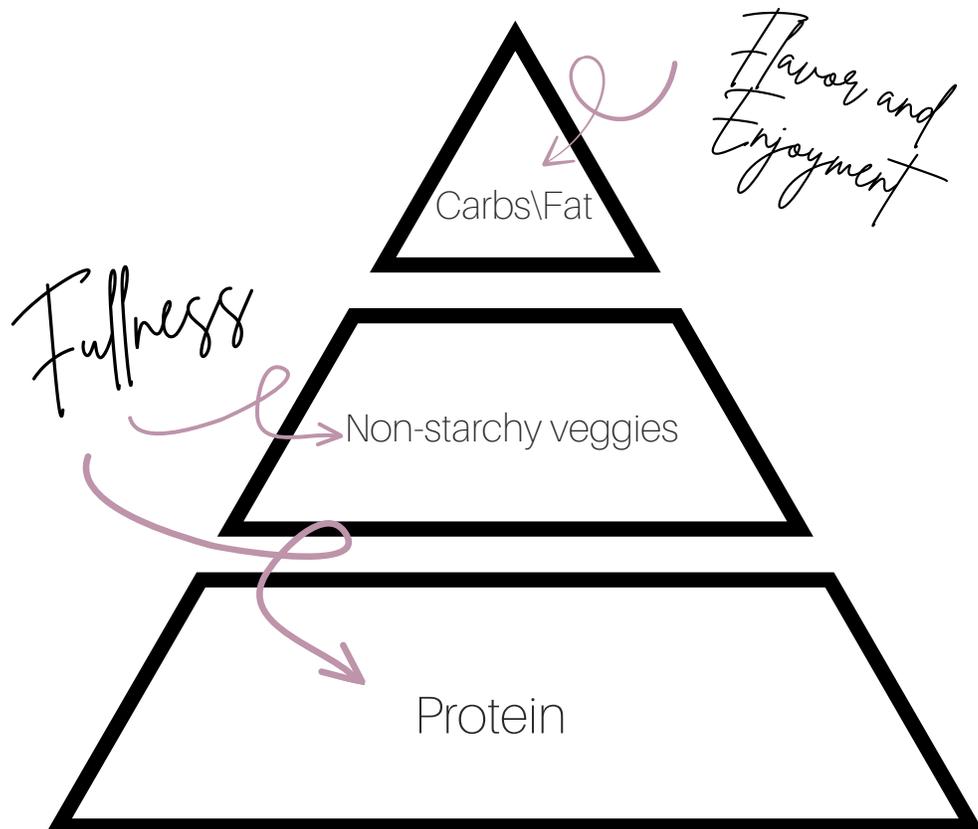
*Truth I'm replacing it with:*

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**Episode 3: The Secret to Building Meals That Help You Reach Your Goals**

Meal Structuring: The Foundation of Meal Planning



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**Episode 4: The Meal Plan Framework That Makes Consistency Simple**

The Meal Plan Framework: 7 Steps

**Step 1:** \_\_\_\_\_

**Step 2:** \_\_\_\_\_

The other meals will be leftovers or eating out.

**Step 3:** Go to your first Dinner and ask yourself Q's 1-3 and fill them in. Repeat for the rest of the dinners you plan to cook.

- **What's** my \_\_\_\_\_ ? Goal of 30 grams per meal.
- **What's** my \_\_\_\_\_ ? Goal of 1-2 cups per meal.
- **What's** my \_\_\_\_\_ ? Focus on whole foods where you can.

*On the template add the **what**, not how much*

**Step 4:** Repeat this for lunches.

**Step 5:**

- Aim for 15-20 grams of protein for snacks, 20-30 grams protein for breakfast.
- Don't forget a post-workout snack!

**Step 6:** Create or check your staples list.

- Check on your inventory of items you use weekly, and add to your grocery list.

**Step 7:** Add ingredients from all meals + staples to your grocery list & shop!

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**Episode 5: Deep Dive on Breakfast & Snacks**

Breakfasts & Snacks

**Breakfast non-negotiables:**

- No skipping
- 20-30 grams of protein
- Include a carb, especially if working out afterwards

**Snack non-negotiables:**

- 15-20 grams of protein

**List out 3 breakfast ideas and 3 snack ideas for this week:**

Breakfast:

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Snacks:

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**Are there certain times a day you need to plan a snack?**

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**Episode 6: Why Your Dinners Feel Overwhelming (And How to Fix It)**

Dinners & Lunches:

Explain the Simple/Complex Combo in your own words:

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Find 2 "protein based" dinners recipes, and using the Simple/Complex Combo, write down sides using this principal.

**Dinner Recipe:**

Veggie side:

Carb side:

**Dinner Recipe:**

Veggie side:

Carb side:



# How To **Meal Plan** To Lose Weight *Workbook*

## **Episode 8: Meal Planning That Runs On Autopilot**

The Putting it all together & Creating Your Rotation:

Focus on creating **1 week's** worth of meal plans at a time. Set aside time to do this (1 hour is recommended at first).

- Decide how many weeks you want to do.
- Walk through the 7 Step Meal Planning Framework on your Meal Plan Rotation Template.
  - Remember, the rotation is for the **what, not how much.**
- Write your recipes on the recipe cards provided and save them in a binder or recipe book.
- I recommend you keep your staples list with your recipes.

You will **repeat this process** until you have the number of meal plans you want in your rotation.

**Plan Dinners**-Add to grocery list



**Plan Lunches**-Add to grocery list



**Plan Breakfast & Snacks**-Add to grocery list



**Check Staples List**



**Shop!**



Your Next Step:

## **The Fat Loss Formula for Moms**

Now that you know how to create a meal plan rotation that actually works, you need a system that keeps you consistent and supported—and that's exactly what my Fat Loss Formula for Moms program offers.

- ✓ Flexible nutrition for fat loss-Yes! You can have carbs!
- ✓ Sustainable strength training workouts to build muscle designed for busy moms
- ✓ Regular check-ins with me to make sure your nutrition and exercise actually stick

**Start Your Transformation!**

**[www.effectivefitnessforwomen.com/fatlossformula](http://www.effectivefitnessforwomen.com/fatlossformula)**



# Recipe Cards

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat

# Recipe Cards

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat

*Recipe* \_\_\_\_\_

**Servings:** \_\_\_\_\_

Ingredients:

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Instructions:

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Calories

Protein

Carbs

Fat