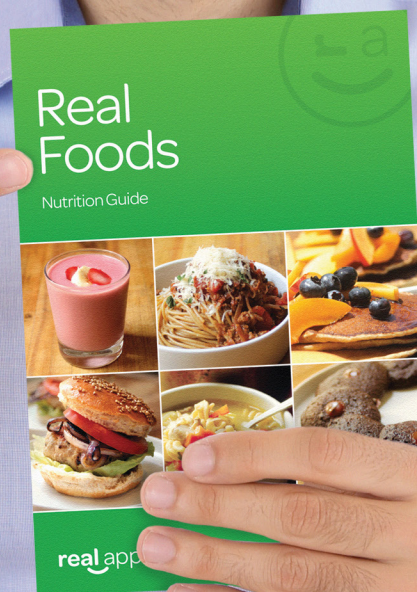


Meal Planning Made Simple

What's on the menu today? How about tomorrow?

Not sure? Then you may not be getting the results you want on your scale. But plan out a week or so of healthy eating—even if it's a rough plan—you're apt to follow it. That's why studies show that meal-planners lose more weight and are more likely to keep it off.





Six Steps for Meal Planning in a Snap



“Let’s get real”

Don’t be put off by the number of steps! Many just take a few seconds or minutes at most, and the small effort will save you lots of time—and calories!—later on.

You first learned about the six steps of meal planning in the Real Foods Nutrition Guide. Here’s a real refresher on the meal-making mechanics that will have you cooking in no time!

Meal Planning Is a Skill

The more you practice, the better you get. Whether you’ve become a whiz at meal planning, or could use some help, this session has some great tips to streamline the process. And if you’re just starting now, you should see a nice weight-loss boost coming your way!

Step 1: Be Prepared! Talk to Your Meal Mates



Home-cooked meals with family members or housemates can be a social, delicious, fun experience. With advanced planning, you can more easily prepare food everyone will enjoy—in the right amounts. Ask a few questions:

—Who is eating at home, and on which days? (Tack up a master calendar so household members can write in their schedules.)

—Anything in particular you’d like to eat? (Remember to include lunchbox food and snacks.)

Make It Work When...

Your family wants to eat differently from you. If you (understandably!) aren’t about to

cook two different meals, look for common ground. Share the Real Foods guide with your family. The tempting photos of “real” (not diet) food, such as French Toast, Turkey Burger, Chicken Parm Sub, and Peanut Butter Puffed Rice Cookie, should change some minds! Explain how this way of eating is healthy for everyone, whether they need to lose weight or not. Assure them that Real Appeal servings are generous, but if they want to eat more than you, that’s absolutely fine. (Just remember this in your planning, as you may need to double some of the recipes.)


And if your meal mates still want their own food, try storing it in a separate cupboard or in their own section of the fridge or freezer. Out of sight will be out of mind for you.

Step 2: Get Inspired! Use the Real Foods Meals and Recipes

The recipes and meals in your Real Foods Nutrition Guide have a lot going for them: they're bursting with nutrition and flavor, are simple and inexpensive to make, and they help you hit your daily calorie target. Flip through the guide and get some inspiration from all the photos of mouth-watering meals you can make in minutes!

Make It Work When...

You don't want to follow Real Food guide meals or recipes to a "t." Don't! As long as you substitute "like" foods, such as cucumbers for tomatoes, chicken for fish, bread for rice, and so forth, you'll still stay within the calorie level of the meals and recipes.

You live alone and don't want to prepare "real meals." No need! Blend up a Real Appeal Smoothie in under under four minutes! Or choose any of the single-serving, ultra-easy recipes in your Real Foods guide such as the Beef Pita Melt, Salmon and Cucumber Salad, and the Chicken Waldorf Salad. For more ideas, check out the five-minute meals in the Real Food guide marked by a .

You're still shaky about your cooking skills. Focus on the recipes in your comfort zone, such as those five-minute meals that require little to no skill at all to make! Up your cooking skills gradually, maybe by practicing on the weekends, when you have more time, and use the guide's Appendix A "Basic Cooking Techniques" to help hone your cooking chops.



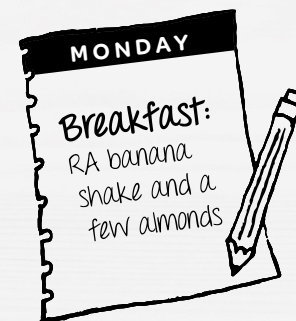
Step 3: Plan for Success: Fill in Your Weekly Meal Planner

Now the fun part: Imagining what you'd like to eat in the upcoming week. You can use the Weekly Meal Planner in your Real Foods guide or the one on the next page (which has a few more bells and whistles) to write in your menu for the week. As you fill in your meal plan, also think about your schedule. Eating out? Easy enough—just slate in those meals. Particularly busy week ahead? Simplify things by planning a few

five-minute meals from your Real Foods Guide. Consider cooking a dish or two on Sunday that will last throughout the week. Another time-saver: grill or broil a bunch of chicken breasts to add quick protein to sandwiches, salads, and soups (they'll last three days in the fridge). (Many more time-saving food preparation short cuts coming up in Session 27.)

Check out this sample to get you going.

Day of the Week	Grocery List Making or Shopping	Breakfast	Lunch	Dinner	Snack(s)
Saturday	Make a grocery list	What I'll eat: • Real Appeal Banana Shake • A few almonds	What I'll eat: • Half grilled cheese with a cup of tomato soup • Grapes	What I'll eat: Corner Grill Restaurant!!! • Salmon burger • Cole slaw • Split a salad with Jennie • Light beer	What I'll eat: • Grapes and almonds
Prepping/ Cooking:					
Double the Baked Pasta recipe for tomorrow's dinner					
		# meal mates: 1	# meal mates: 0	# meal mates: 3	# meal mates: 0



Day of the Week	Grocery List Making or Shopping	Breakfast	Lunch	Dinner	Snack(s)
Saturday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:
Sunday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:
Monday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:
Tuesday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:

Day of the Week	Grocery List Making or Shopping	Breakfast	Lunch	Dinner	Snack(s)
Wednesday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:
Thursday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:
Friday Prepping/ Cooking:		What I'll eat:	What I'll eat:	What I'll eat:	What I'll eat:
		# meal mates:	# meal mates:	# meal mates:	# meal mates:

Make It Work When...

You don't have enough time to fill out your Meal Planner. Remind yourself that starting your week with a meal plan saves all kinds of time later—not to mention all the calorie savings! Schedule “meal planning” into your calendar, and you'll be more apt to make time for it.

You don't always know where you'll be eating. Circumstances change all the time. No problem; you can always go in and tweak the plan (and save one of your “planned” meals for later in the week). But it's still better to start with one!

Step 4: Build a Smart Grocery List!



Your list is your insurance that you'll bring home the right ingredients, so whipping up dishes, snacks and such will be so much easier. The best time to do this is while you're filling out your weekly meal plan. You'll not only know what ingredients to buy (such as ground turkey for the Turkey Lasagna) but how much (if doubling the recipe, you'll need two pounds instead of one pound). Don't forget to quickly scan your kitchen to see what food items you already have!

Use It, So You Can Lose It!

The Weekly Shopping List, in the back of the Real Foods Guide, is a super-handy tool when it comes to making the most out of your shopping experience. It's organized by section of the supermarket, so you know exactly where to go to get exactly what you need. Print it out from RealAppeal.com

Make It Work When...

You don't have time. You do! Remember: Just like a meal plan, a good grocery list will save so much time—you won't have to

go back to the grocery store because you forgot something. And as with tracking, all it takes is a few minutes' investment for a proven return with weight loss.



Step 5: Make a Shopping Date

Seriously! Schedule your shopping just like you would a workout or date with a friend. Write it on the calendar and, if possible, pick times when the store isn't so crowded—during the day, or later in the evening—so you can sail down the aisles without battling it out with the other weekend warriors.

Make It Work When...

You had to cancel your scheduled shopping trip. Online grocery shopping can be a lifesaver—check out Amazon.com, Peapod.com, FreshDirect.com, or whatever service is in your area. Or delegate to your meal mate!

The store ran out of an ingredient. No trout? Sub in salmon or any other fish. No quick-cooking steel cut oats? Use plain rolled oats. Tomatoes look hard and tasteless? Use canned tomatoes (or, if it's for a salad, another vegetable—radishes, cucumbers, or anything else that looks good). Real Appeal recipes are very forgiving; substitute similar foods and the dishes still taste good and keep you at the right calorie level.



Step 6: Plan for Leftovers

When you get a hankering for a specific meal, make multiple servings of the Turkey Lasagna, Meatloaf, or other favorite recipes, then divvy up and freeze into

serving-size packets for a quick microwave dinner another day. Recipes in the Real Foods guide that make multiple portions are marked with a ⊕.

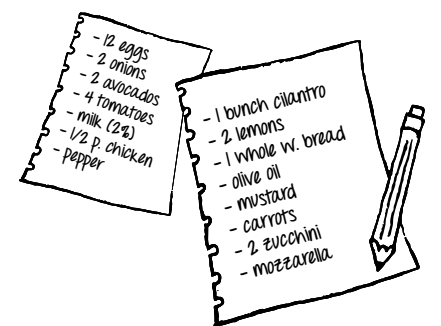




Commitment Contract

Planning my meals in advance will help me stay within my daily calorie zone, so I'm committing to using the six meal-planning steps this week—and in the future.

- I'll use the Weekly Shopping List and Weekly Meal Planner to create healthy, delicious, and easy-to-make meals for myself and meal mates.
- Meanwhile, I'll continue my other healthy habits to the best of my ability.



I will plan my meals



My signature: _____