

MODULE 6B

TRANSFORMATION



Sometimes, *knowing* you should eat healthy and exercise is easy. It is actually *putting* it in to practice that is difficult. Our schedule is so jam packed. It is hard to think that there is any breathing room. This module will help you analyze your schedule and plan your week so you make the time to eat healthy and exercise.

Your health is important and must be a priority.

Weekly Planner

A weekly planner will allow you to focus on the things that will help you achieve your goals. For this exercise, we will plan out several things that will help keep you intentional and on track.

Ideal Week

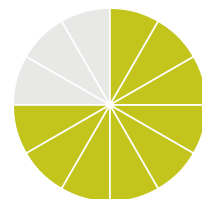
First, take some time to determine what your **Ideal Day** looks like. If you were to accomplish everything you wanted to in a single day, what would it look like? Consider things like how much sleep you want to get, what your work schedule is like, when and how long you would like to exercise, how long you have to cook dinner, family commitments, etc.

Do this for every day of the week. Even if you don't stick to this schedule perfectly, at least you have a plan in place! Quickly adjust and get back on track!

Meal Plan

Taking some time over the weekend to plan out your meals will save you so much time and headache during the week! It will also help you stay on budget at the grocery store, and keep focused with your food choices! Use the recipes provided to guide your choices!

- Choose one day of the week to sit down and plan all of your meals for the upcoming week.
- Consider everything you may want to be eating during the entire week including breakfast, lunch, dinner, and snacks.
- Planning meals ahead of time will help you stay on budget while grocery shopping each week.
- From the meal plan, create a grocery list that aligns with your nutrition goals.
- When setting your meal plan, try to limit the following foods: gluten, sugar, and dairy. Naturally occurring sugars in fruit is okay!
- Follow the Cancer Fighting Eating plan in Module 4 for more guidance.
- Also, aim for all of your meals to be plant-based. Imagine your plate as a clock, it should have enough vegetables and fruit to cover from 12:00 to 9:00!



Grocery List

Based on your meal plan, make your grocery list. Be sure to “shop” in your kitchen to see what you have on hand first.

My Ideal Week

	SUN	MON	TUE	WED	THU	FRI	SAT
5:00 a.m.							
5:30 a.m.							
6:00 a.m.							
6:30 a.m.							
7:00 a.m.							
7:30 a.m.							
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.							
11:00 a.m.							
11:30 a.m.							
12:00 p.m.							
12:30 p.m.							
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9:00 p.m.							
9:30 p.m.							
10:00 p.m.							
10:30 p.m.							
11:00 p.m.							
11:30 p.m.							

Meal Plan

	SUN	MON	TUE	WED
Breakfast				
Lunch				
Dinner				
Healthy Snack #1				
Healthy Snack #2				

	THU	FRI	SAT
Breakfast			
Lunch			
Dinner			
Healthy Snack #1			
Healthy Snack #2			

Grocery List

Produce:	Grains/Pasta/Rice:
Meats:	Frozen Foods:
Snacks:	Dairy:
Paper Goods:	Condiments:
Beauty Products:	Household Items:

Dirty Dozen and Clean 15

Sometimes it is hard to know whether or not it is “worth it” to spend the extra money to buy organic produce.

To help, each year, the Environmental Working Group researches 47 different types of produce for pesticide residue. From these investigations, they compile two lists --the Dirty Dozen (foods with the most pesticide residue, and therefore should buy organic if your budget allows) and Clean 15 (foods with the least amount of pesticide residue, and therefore you do not need to buy organic)!

Dirty Dozen Foods List (A.K.A. buy organic if you can!

- 1 Strawberries
- 2 Spinach
- 3 Kale
- 4 Nectarines
- 5 Apples
- 6 Grapes
- 7 Peaches
- 8 Cherries
- 9 Pears
- 10 Tomatoes
- 11 Celery
- 12 Potatoes

Clean 15 (A.K.A. okay to eat non-organic)

- 1 Avocados
- 2 Sweet Corn
- 3 Pineapples
- 4 Frozen sweet peas
- 5 Onions
- 6 Papayas
- 7 Eggplant
- 8 Asparagus
- 9 Kiwi
- 10 Cabbage
- 11 Cauliflower
- 12 Cantaloupe
- 13 Broccoli
- 14 Mushrooms
- 15 Honeydew melon

Stock Your Pantry!

The concept of clean eating boils down to eating whole, minimally processed foods that are nutritious for your body as well as kind to our planet. Clean foods are foods that are closest to their natural state... the way God created them! Consider selecting a delicious apple that is picked from a local orchard, which has just one ingredient. Contrast this with buying a packaged, processed apple pie from a gas station – 20+ ingredients! Not to mention additives and preservatives, some of which are even difficult to pronounce. Foods like this are void of antioxidants; anti-inflammatory properties and immune boosters, which help us, prevent major health issues like cancer, heart disease and diabetes. So, make steps to stock your pantry, refrigerator and freezer with these whole food ideas for better health.

Pantry Goods

- “whole” or sprouted grain breads, tortillas, cereals, crackers
- brown rice
- whole-wheat pasta, quinoa, barley, old fashion oats
- bulgur, nuts and seeds
- natural nut and seed butters
- unsalted vegetable, chicken or beef stock
- pouches of light tuna or salmon
- dried beans, peas or lentils (canned bean should be rinsed)
- cartons of diced tomatoes or puree
- dark chocolate
- extra virgin olive oil, grape seed oil
- vinegars – cider, balsamic, ice, raspberry
- dried herbs and spices, black and green tea, herbal tea
- popcorn, root vegetables – sweet potatoes, beets, turnips, parsnips
- onions and garlic
- sweeteners – honey, real maple syrup, molasses

Refrigerator Items

- colorful fruits – apples, grapes, citrus, berries, stone fruits, avocado
- colorful vegetables – tomatoes, carrot, squash, sugar snap peas, broccoli, cauliflower
- salad greens – spinach, kale, chard, arugula, romaine, watercress
- nonfat or low-fat dairy – milk, Greek yogurt, cheese, kefir, soymilk
- Kimchi, Hummus, Pasture raised eggs, Tofu, tempeh, edamame

Freezer Items

- frozen vegetables – kale, diced peppers and onions, broccoli, mixed vegetables
- frozen fruits – unsweetened berries for smoothies or dessert
- grains – brown rice or quinoa in a bag, whole-wheat waffles, sprouted grain bread
- nuts
- chicken, ground turkey (white meat, skinless), fish and seafood (non-breaded), lean cuts of red meat (loin or round), wild game