

#EPICLIFE

CONGRATULATIONS ON DECIDING TO EMBRACE YOUR HEALTH AND NOURISH YOUR BODY.

At Epicure, we champion cooking as the key to living a healthy and fulfilling life. We believe that healthy food can and must be delicious, quick, and convenient to prepare. However, as obesity and devastating health trends continue to rise, we recognize that cooking is only the first step to supporting optimum health. Your body needs the right quality, quantity, and frequency of whole foods to perform optimally. We've created a program that gives you the tools, recipes, and products needed to cook and eat well so you can reach and sustain your health and wellness goals for a lifetime.

To get the most out of the *Good Food. Real Results.*TM program, use this journal to write your vision and record your progress. Setting goals gives you something to aim for and journaling keeps you on track to achieving those goals; studies show that those who keep a daily food journal lose twice as much weight as those who don't.

Countless people have achieved long-lasting results on the program, and we can't wait to add your name to our success stories. You will cook along with us, enjoy delicious food, and inspire those around you to do the same, because at Epicure, we believe everyone deserves to live their **#EpicLife**.

With love and gratitude,



Amelia Warren
CEO



Sylvie Rochette
President & Founder

GOOD FOOD. REAL RESULTS.TM

This program guide does not provide medical advice.

The program provided herein is for individuals who choose to live a healthy lifestyle and want to enjoy a healthy, balanced weight management program. Results may vary.

The content is not intended in any way as a substitution for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider before beginning any new diet and exercise regimen, or with any questions you may have regarding a medical condition or treatment. Individuals and their bodies vary in innumerable ways. No individual results should be seen as typical.

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WELCOME!

LET'S GET STARTED

NAME:

START DATE:

“ **Epic Life** [*adjective epik + noun lif*]

Designing a life of fulfillment; finding your purpose and living it wholeheartedly for the health and wellbeing of you, your family, and your community.

”

NEED MOTIVATION & SUPPORT?

JOIN THE EPIC LIFE CHALLENGE!

Ready to take eating well, moving more, and mindfulness to the next level? Got a fitness or weight loss goal to achieve? This 90-day clean eating challenge brings together the recipes, expertise, support, and accountability you need to achieve your goals and feel energized. Join the **Epic Life Challenge** to get expert tips on nutrition, grocery shopping, food prep, and workouts. Become part of an energized online community that will hold you accountable and provide the support you need for your Epic Life. Earn cash, rewards, trips, and more when you share your results. Ask your Epicure Consultant or go to epicure.com for more information on how to get started!

GET SOCIAL & INSPIRE OTHERS

Join the social community rallying behind you! Search for the *Epic Life* Challenge group on Facebook or *#EpicLife* on Instagram. Make sure to use the hashtags below when you post your victories:

#EpicLife #GoodFoodRealResults #RealFoodDiet

SETTING YOUR GOALS

YOUR CHECKLIST

In order to get the best results, it is important that you follow the program precisely as it is laid out. Be disciplined in following the *Lifestyle* section (in the **Good Food. Real Results.™ Guide**, pp. 6–12), and create an environment that will support your success. Set goals to envision what you want to achieve, use this journal to track your progress, and celebrate the successes throughout your journey.

To get started, use the checklist below:

YOUR CHECKLIST

GO FOR A CHECKUP

When you start any new nutrition or diet program, it is recommended that you share it with your doctor.

GET CLEAR ON YOUR “WHY”

The clearer you are on your reason for being here, the more committed you will be. Revisit your why each month to ensure you're on track with the changes you want to make and the reasons you want to make them.

EMBRACE JOURNALING

Tracking your journey is a proven approach to achieving your goals. Use this journal throughout your journey to be accountable, track progress, and stay engaged.

WRITE YOUR 90-DAY VISION STATEMENT (P. 4)

Where will you be 90 days from now? How will you feel? What will you have accomplished? Post your vision everywhere you can so it stays top of mind and motivational. As you near the end of your first 90 days, set your next goal to keep yourself engaged.

MAKE YOUR WOOP PLAN (P. 5)

All visions require us to change habits and overcome obstacles. Use your WOOP plan throughout your journey to plan for these moments and stay on track.

TAKE YOUR WEIGHT, MEASUREMENTS & PHOTOS (PP. 6–8)

There are multiple ways to measure your transformation. Track and review your weight, measurements, and your photos monthly.

SETTING YOUR GOALS

CREATE YOUR VISION STATEMENT

A journey of a thousand miles starts with a single step. When you set out, you've got to know what your destination is. To get the most out of *Good Food. Real Results.*™, it is important to do two things:

1. Envision what you wish to achieve, and,
2. Know why you wish to achieve it.

Visualization is a powerful tool. And the stronger your sense of “why,” the more motivated and inspired you will feel. Throughout your journey, revisit your goal. As you near the end of your first 90 days, set your next goal to keep yourself engaged and motivated.

Use the template below, along with the example in the *Good Food. Real Results. Guide* (p. 10) to set your WOOP plan.

MY 90-DAY VISION STATEMENT

By _____, 20____, I reached my goal of _____

I am: _____

I feel: _____

I now: _____

I believe: _____

SETTING YOUR GOALS

MAKE YOUR WOOP PLAN

Setting your vision is just the beginning—you need to identify the obstacles and roadblocks that might keep you from reaching your destination and devise a plan to overcome them. It's all part of the *WOOP* method—Wish, Outcome, Obstacle, and Plan—a scientific strategy created by psychology professor Gabriele Oettingen that you can use to find and fulfill your wishes and change your habits. Make your *If/Then* Plan so when you're confronted with an obstacle, you'll know what to do and how to respond.

Use the template below, along with the example in the *Good Food. Real Results.™ Guide* (p. 10) to set your WOOP plan.

If _____,

then _____.

If _____,

then _____.

If _____,

then _____.

If _____,

then _____.

GETTING STARTED

WEIGHT & MEASUREMENT GUIDELINES

Start your journey by weighing yourself. Weigh yourself in the morning after you go to the bathroom (ideally naked). Continue to record your weight on the same day, at the same time, each month.

The scale is just one way to measure your transformation. In addition to tracking your weight and celebrating your Non-Scale Victories (NSVs), taking your measurements is an excellent way to keep track of your changing shape.

EPIC TIP: Always measure the same side of your body every time you take your measurements.

1. UPPER ARM: Extend a measuring tape from the bony part at the top of your shoulder down to your elbow. Measure the circumference at the centre point between shoulder and elbow.

2. CHEST: WOMEN: Measure all the way around your bust, across the fullest part and around your back. MEN: Measure under the armpits around the largest part of your chest.

3. WAIST: Use the tape to circle your waist at your natural waistline, which is located above your bellybutton and below your ribcage. (If you bend to the side, the crease that forms is your natural waistline.) Relax your stomach.

4. HIPS: Wrap the tape around the fullest part of your hips and buttocks. This is usually located 7–9" (18–23 cm) below your natural waist.

5. THIGH: Place your middle finger on your kneecap and extend the tape 8" (20 cm) up from the top of your kneecap. Measure the circumference of your thigh at this point.



GETTING STARTED MEASUREMENT LOG

STARTING MEASUREMENTS

START DATE: _____ WAIST: _____

WEIGHT: _____ HIPS: _____

UPPER ARM: _____ THIGH: _____

CHEST: _____ TOTAL INCHES: _____

MEASUREMENT	DAY 30	DAY 60	DAY 90
DATE			
WEIGHT			
UPPER ARM			
CHEST			
WAIST			
HIPS			
THIGH			
TOTAL INCHES			
INCHES LOST TO DATE			
WEIGHT LOST TO DATE			

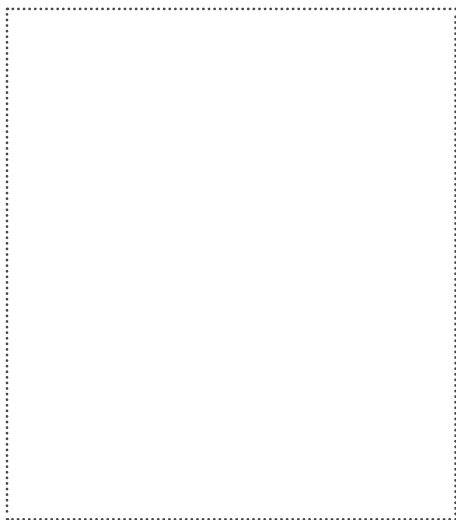
NOTES:

GETTING STARTED

TAKE YOUR PHOTO

Before and now photos help you visualize the success you achieve on your weight management journey. Take your before pictures as a visual motivator and reminder of where your journey began. Seeing your transformation will encourage you to continue your healthy lifestyle, even after your goal end date. Share your photos on social media if you like, to show how far you've come!

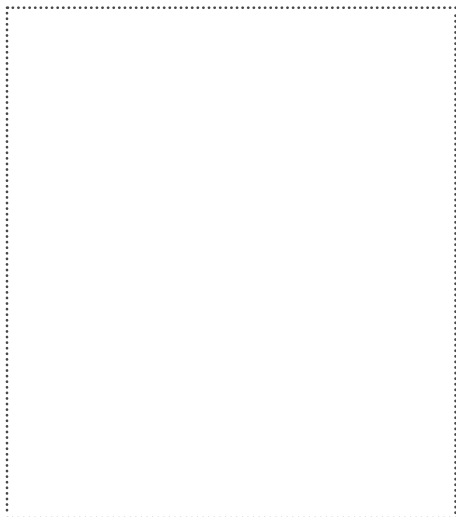
DAY 1



DAY 30



DAY 60



DAY 90



HOW TO USE THIS JOURNAL MEAL PLANS & GROCERY LISTS

PLAN, PLAN, PLAN!

Planning is key to your success! This is a cooking plan, and planning makes all the difference between staying on plan or scrambling at the last minute, getting “hangry,” and making poor choices. Use the *Getting Started* section of the **Good Food. Real Results.™ Guide** (p. 11-22) to plan, shop, prep, and portion like a boss.

PLAN YOUR MENU ONCE A WEEK

Once you have completed the first four weeks of the program, you should be getting comfortable with meal planning, shopping, and prepping for the week ahead. Now it's time to build your own!

- Use the templates found on pp. 11-12 to help choose your weekly menu and make your grocery list. Need inspiration? See pages 30, 36, 42, and 48 of the *Good Food. Real Results.* Guide.
- Also remember to reference the *Portion & Substitution Chart* on p. 24 to customize the recipes your way! We have over 100 recipes in the Guide waiting for you to try.

**WEEK 1
BUILD-YOUR-OWN MEAL PLAN**

	BREAKFAST	LUNCH	DINNER	DESSERT
MON	Overnight oatmeal	Beet & goat cheese quinoa salad	Spicy lasagna	
TUES	Overnight oatmeal	Spicy lasagna	Secret dinner in a hurry	
WEDS	Smoothie breakfast bowl	Secret dinner in a hurry	Thai salad rolls	
THURS	Berry cheesecake smoothie	Thai salad rolls	Italian steamed fish	
FRI	Smoothie breakfast bowl	Italian steamed fish	Chicken pizza	
SAT	Build-your-own omelet	Chicken pizza	Easy asian lettuce wrap	
SUN MEAL PREP DAY!	Healthier eggs benedy	Versatile asian noodle bowl	Smoothies	

**WEEK 1
GROCERY LIST**

<p>EPICURE PRODUCTS</p> <ul style="list-style-type: none"> • 1/2 Onion Dip Mix • Asian Stir-fry Seasoning • Curry Seasoning • Lemon Billy Dip Mix • Sesame Ginger Dressing Mix 	<p>DAIRY</p> <ul style="list-style-type: none"> • 2% cottage cheese • 2% milk • cheese
<p>PANTRY STAPLES</p> <ul style="list-style-type: none"> • crushed tomatoes • Canned chickpeas • Cornstarch • Hot Butter • Olive oil • Quinoa 	<p>PROTEIN</p> <ul style="list-style-type: none"> • Chicken breasts • Ground beef • Eggs • White fish fillet
<p>PRODUCE</p> <ul style="list-style-type: none"> • Apples • Bananas • Berries • Carrots • Cream • Tofu • Mixed Veggies 	<p>BAKERY</p> <ul style="list-style-type: none"> • Whole-grain bread • English muffins • Pizza • Whole-wheat pizza shell
	<p>OTHER</p> <ul style="list-style-type: none"> • Toilet paper • Wipers • Batteries • Resealable bags • Laundry soap • Tissues

EPIC TIP: Remember to cook once and eat twice as often as you can to save time in the kitchen!

HOW TO USE THIS JOURNAL

DAILY TRACKER

Journaling takes only a few minutes a day and is a proven strategy to help create new habits and stay on track. Studies show that keeping a food diary can double weight loss results. When you embrace journaling as an essential part of your plan, it will:

- Improve your understanding of how much you're actually eating, and help you to learn what a perfect portion looks like for you.
- Increase your awareness of what your hunger patterns, cravings, and triggers are, and help you to make adjustments for long-term success.
- Deepen your knowledge of what your habits are, and help you to reinforce the healthy habits you need to make change.

This journal was designed for you. To maximize its effectiveness, fill it out every day. Use this example to guide you:

Date: February 9, 2018

SUN MON **TUE** WED THU FRI SAT

Energy Level: LOW MED/HIGH
 Stress Level: LOW MED/HIGH
 Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling Energized and ready to tackle big projects.

I am grateful My supportive family and growing business.

Meatless day for the week Yes No
 Free meal day for the week Yes No

Always perfectly balance your plate: veggies = 1/2 plate, protein = 1/4 plate, grains & starchy veg = 1/4 plate (See p. 14 for Perfect Portions.)

BREAKFAST	LUNCH	DINNER
<u>Overnight oatmeal with Greek yogurt, almonds, blueberries + Chai Spice.</u>	<u>Leftover fish tacos with guacamole + 1 cup raw carrots + cucumber</u>	<u>One-dish pasta (so easy) with spinach + arugula salad + balsamic vinaigrette</u>

TODAY'S EXERCISE
Minimum 30 min

Walked the dog - 20 min
walked to the café + back - 30 min

NON-SCALE VICTORIES
#NSV

Chose tea instead of a latte at café without even thinking about it

TOMORROW'S GOAL

Get to the gym for Zumba!

GLASSES OF WATER

I commit to following the program, staying on plan, and reaching my goals.

Track how your feelings affect what you eat.

Each night, flip the page and fill in tomorrow's to-do list: how will it affect your goals?

Not everything is about the number on the scale. Think about your other victories and share on social media with #NSV.

Each glass is 1 cup. Tea and coffee count.

WEEK 1

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 1 GROCERY LIST

EPICURE PRODUCTS

-
-
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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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-

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

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TODAY'S PRIORITIES: Complete the night before

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grains & starchy veg = 1/4 plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

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BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

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Sleep Hours: 1 2 3 4 5 6 7 8 9

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BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

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2) _____

3) _____

4) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

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_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

TODAY'S EXERCISE

Minimum 30 min

NON-SCALE VICTORIES

#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 2

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 2

GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

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TODAY'S PRIORITIES: Complete the night before

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2) _____

3) _____

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Free meal day for the week Yes No

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grains & starchy veg = 1/4 plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

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BREAKFAST	LUNCH	DINNER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

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BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
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_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

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BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

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BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No
Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate


BREAKFAST	LUNCH	DINNER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 3

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 3 GROCERY LIST

EPICURE PRODUCTS

-
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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = 1/2 plate, protein = 1/4 plate,
grains & starchy veg = 1/4 plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 4

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 4 GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 5

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 5 GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Meatless day for the week Yes No
Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate


BREAKFAST	LUNCH	DINNER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate


BREAKFAST LUNCH DINNER

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 6

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 6 GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = 1/2 plate, protein = 1/4 plate,
grains & starchy veg = 1/4 plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Meatless day for the week Yes No
Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate


BREAKFAST	LUNCH	DINNER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

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Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

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Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 7

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 7 GROCERY LIST

EPICURE PRODUCTS

-
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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

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3) _____

4) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

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Stress Level: LOW MED HIGH

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3) _____

4) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE

Minimum 30 min

NON-SCALE VICTORIES

#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

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4) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

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2) _____

3) _____

4) _____

5) _____

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Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No
Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate


BREAKFAST	LUNCH	DINNER
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 8

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 8 GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

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Sleep Hours: 1 2 3 4 5 6 7 8 9

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I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH
Stress Level: LOW MED HIGH
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1) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

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I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 9

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 9 GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

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Stress Level: LOW MED HIGH

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I am grateful for: _____

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2) _____

3) _____

4) _____

5) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

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Stress Level: LOW MED HIGH

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I am grateful for: _____

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1) _____

2) _____

3) _____

4) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

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I woke up feeling: _____

I am grateful for: _____

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2) _____

3) _____

4) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = 1/2 plate, protein = 1/4 plate,
grains & starchy veg = 1/4 plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 10

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 10

GROCERY LIST

EPICURE PRODUCTS

-
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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

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Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

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I woke up feeling: _____

I am grateful for: _____

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3) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

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I woke up feeling: _____

I am grateful for: _____

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3) _____

4) _____

5) _____

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ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

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I woke up feeling: _____

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3) _____

4) _____

5) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 11

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 11

GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

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BREAKFAST

LUNCH

DINNER

TODAY'S EXERCISE

Minimum 30 min

NON-SCALE VICTORIES

#NSV

TOMORROW'S GOAL

GLASSES OF WATER



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Date: _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

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I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

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2) _____

3) _____

4) _____

5) _____

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

TODAY'S EXERCISE

Minimum 30 min

NON-SCALE VICTORIES

#NSV

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

WEEK 12

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 12

GROCERY LIST

EPICURE PRODUCTS

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PANTRY STAPLES

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PRODUCE

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DAIRY

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PROTEIN

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BAKERY

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OTHER

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Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

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Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

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Free meal day for the week Yes No

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grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



I commit to following the program, staying on plan, and reaching my goals.

Date: _____

MON TUE WED THU FRI SAT SUN

Energy Level: LOW MED HIGH

Stress Level: LOW MED HIGH

Sleep Hours: 1 2 3 4 5 6 7 8 9

I woke up feeling: _____

I am grateful for: _____

TODAY'S PRIORITIES: Complete the night before

1) _____

2) _____

3) _____

4) _____

5) _____

Meatless day for the week Yes No

Free meal day for the week Yes No

ALWAYS PERFECTLY BALANCE YOUR PLATE: veggies = ½ plate, protein = ¼ plate,
grains & starchy veg = ¼ plate

BREAKFAST

LUNCH

DINNER

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

TODAY'S EXERCISE
Minimum 30 min

NON-SCALE VICTORIES
#NSV

_____	_____
_____	_____
_____	_____

TOMORROW'S GOAL

GLASSES OF WATER



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WEEK 13

BUILD YOUR OWN MEAL PLAN

	BREAKFAST	LUNCH	DINNER	DESSERT
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN MEAL PREP DAY!				

WEEK 13 GROCERY LIST

EPICURE PRODUCTS

-
-
-
-
-
-
-
-
-

PANTRY STAPLES

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-
-
-
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-
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PRODUCE

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DAIRY

-
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PROTEIN

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-

BAKERY

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-
-

OTHER

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CONGRATULATIONS YOU DID IT!

Now is the time to reflect on your 90-day #EpicLife journey. Take a moment and answer these questions:

What worked well? _____

What didn't work well? _____

What did you discover or learn about yourself? _____

What's your next goal? _____

WHAT TO DO NEXT

KEEP UP THOSE HEALTHY HABITS

You should have a good routine going now after 90-days, but remember to practice the healthy habits you've learned every day.

SHARE YOUR STORY TO INSPIRE OTHERS

Share your successes with the #EpicLife Challenge Facebook group to inspire others, and keep yourself motivated!

EXPLORE NEW RECIPES FOR YOUR MEAL PLANNING

Go to epicure.com and search the recipe database for more *Good Food. Real Results.™* approved meal ideas.

PREPARE FOR YOUR NEXT 90 DAYS

You can purchase a new Journal for your next 90-days through your Consultant or on epicure.com.

**GOOD
FOOD.
REAL
RESULTS.™**

EPICURE™



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