

APPENDIX C -- GOING 4LEAF SERIES WEEK 1: PLANNING

By Dr. Kerry Graff

Week 1- Game Plan. This week you are going to:

1. Figure out what your weekly plan will be for meal planning, food shopping and batch cooking.
2. Decide what you want to eat for your routine breakfast.
3. Decide what 4Leaf snacks you would like to have on hand at all times.
4. Toss or give away (family, friends, local food bank or shelter) all of your unhealthy breakfast foods and snacks.

Eating 4Leaf has tremendous benefits, but it does require some advance planning for what you ARE going to be eating. Because it's a lot easier to eat 4Leaf when you are preparing your own food, we're going to concentrate on the meals you prepare yourself. For how to handle eating at social gatherings and while traveling, see Chapter 15 on Eating Outside the Home.

Making your plan. You will need to figure out when in your weekly schedule you are going to create a meal plan and shopping list, when you are going to shop and when you are going to do your batch cooking. For example, I have more time during the weekend than during the week, so I usually do my meal planning and shopping on Saturday and do some batch cooking on Sunday.

Many people have schedules like mine and this will work well for them. If you have a different schedule or are away a lot on the weekends, you will need to figure out the best way to incorporate these tasks into your week. THIS IS

INCREDIBLY IMPORTANT! If you don't have a workable plan for picking out what you are going to be eating as well as when you will buy and cook your food, it is highly unlikely you that will be successful in reaching the 4Leaf level of eating.

Give this some serious thought and map out a plan, knowing that it is not set in stone. You can always try a different plan if the one you start out with is unworkable, or you can tweak it if your schedule is going to be different for a particular week.

Decide when each week you will:

- Create a meal plan and shopping list
- Grocery shop
- Cook

One of the things I hear frequently from patients is “I'm too busy to meal plan and cook!” I don't buy it.

Seriously, there is nothing more important in life than your health. And there is nothing more important to the health of you and your family than what all of you eat. So you need to move planning and preparing healthy meals near the top of your “to do” list, right after breathing.

I work full time, have my kids half-time, am president of my church board, am writing this book and I still make time to meal plan, shop and cook 4Leaf (and even sleep 8 hours a night and get some exercise in too!). Granted, my life is full to the gills, but I do it. You can too.

My guess is you won't have to quit your job or have to tell your son that he can't play hockey to make 4Leaf meals happen at your house. How much time do you spend watching TV or surfing the net? If there really is no option

but to choose between healthy food for your family or your son playing hockey, then hockey, not healthy eating, should be the thing to go.

And once you start eating 4Leaf, your energy level will go up significantly. You can channel some of that energy back into your new 4Leaf lifestyle.

IMPORTANT. Before you start Week 2, get rid of ALL the junk you used to eat for breakfast and ALL of your unhealthy snacks like chips, candy and ice cream. I am really serious about this! (See Chapter 14 on Contraband, beginning on page 48.)

One more tip during your planning stage: Take “before” pictures, weigh yourself and set aside a little money for some new clothes. After a few weeks on your new 4Leaf regime, you are going to like how your body looks and feels.