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GOING 4LEAF IN 4 WEEKS

By Dr. Kerry Graff

The truth is that you can transition to the 4Leaf level any way you want. When I work one-on-one with patients, I develop individualized plans based on their schedules and preferences. I start with changes that are pretty easy to make but that also have a big impact on the overall quality of that patient's diet. I find out what healthy foods they enjoy already and suggest they eat those foods more often, before having them move on to new recipes.

In the group classes I run, individualized coaching is just not possible and I need to be more structured. I have found that it is easiest to base the classes around transitioning each meal over the course of a month. The following is the basic plan (details in Appendix C) that I use for my classes:

Week 1--Planning stage. Figure out what your weekly plan will be for meal planning, food shopping and batch cooking. Decide what you want to eat for your routine breakfast and healthy snacks. Before the end of Week 1, get rid of all the unhealthy breakfast and snack foods.

Week 2--Breakfast and snacks. Enact your weekly plan for meal planning and shopping. Start eating a 4Leaf breakfast every day and healthy snacks. Track your progress using the 4Leaf Survey daily reporting version. Start thinking about some 4Leaf lunch options for the next week. Start stocking your pantry with healthy staples (oats, nuts, beans, grains like bulgur, brown rice, and quinoa, etc.)

Week 3--Lunch. Continue your plan for meal planning and shopping. Continue eating your 4Leaf breakfasts and snacks. Start batch cooking and eating a 4Leaf lunch every day as well. Continue to use the 4Leaf Survey to track your progress. Start thinking about what 4Leaf dinners you might want to have next week. By the end of week 3, get rid of the rest of the unhealthy foods in the house.

Week 4--Dinner. Continue your plan for meal planning, shopping and batch cooking. Continue eating your 4Leaf breakfasts, lunches and snacks and add in 4Leaf dinners. Continue to use the 4Leaf Survey to track how you are doing. You should be scoring at a 4Leaf level every day. If you are not, evaluate where you are scoring negative points or not scoring enough positive ones.

Next Step. Once you have finished reading this book and (hopefully!) have decided you want to go 4Leaf, decide if you want to develop your own plan or follow my weekly plan. It doesn't matter how you get to 4Leaf, just that you do!

Going 4Leaf Series in the Appendix

- Appendix C Week 1, Planning Stage (page 156)
- Appendix D Week 2, Breakfast & Snacks (page 159)
- Appendix E Week 3, Lunch (page 165)
- Appendix F Week 4, Dinner (170)