



SWEET LIFE JUMPSTART

MEAL PLANNING

I challenge you to up your meal planning game this week. Now listen, girl, I get it. I sit down on Saturday night planning out my meals. I'm ready to tackle them, and then Tuesday evening rolls around and I'm not really in the mood to cook. I really feel like having a burger and fries instead of the grilled salmon I had planned. Does this ever happen to you?

It's hard to stick with our meal plan, but it's so important for our health and our budgets. To keep our homes running smoothly, it is important to make a meal plan that we follow.

I am going to challenge you to stick with more meals this week than you did last week. I want you to start making gradual progress week by week, until you find yourself to be a meal planning ninja.

Here's what I need you to do. Just click that download button below, download your printable and print it out. It will guide you through how many meals I'm challenging you to stick with.

Go ahead and circle how many dinners you planned last week and don't stress about getting these numbers perfect. It's not about perfection. A good guess or estimate is totally fine. Also, don't stress if that number is zero. I get it. I promise I have totally been there. There is no shame in that game. Even if you followed zero meal plans, we've all been there. Circle

how many dinners you planned and how many dinners you actually stuck with last week. Find where that intersects and that is how many meals I am challenging you to stick with this week.

We've included a handy meal planning sheet if you need that. Plan however many meals you need to plan and then you can check off when you've actually cooked those meals.

I will be checking in with you. So, don't worry. I'm not going to let you off the hook, I'll be checking in with you in seven days to see how you've done with this. And, if you have completed it, I have a special prize for you. This isn't just any prize. People have been known to break into a spontaneous happy dance when they receive this. I cannot wait to send it your way in seven days.