

MEAL PLAN LIKE A BOSS

1. My biggest meal planning challenge is:

2. Being healthy does NOT mean that you only...

3. The secret to success is...

4. Examples of healthy habits are....

5. What a healthy habit is not...

6. Step 1 is to do a food...

7. Step 2 is to get...

8. Step 3 is to plan meals that you can...

9. Step 4 is to...

10. My next steps are to...
