

WEEK 10 of #YOUR2024STORY

Journal Prompt: Nutrition Choices and Meal Planning

It's about consciously breaking and creating new eating habits

Welcome to Week 10 of #Your2024Story We are strategizing for a healthier, more fulfilling lifestyle.

Journal Prompt

- 1) How do my current eating habits reflect my lifestyle and values?
- 2) What changes can I make through meal planning to better align my diet with my health and wellness goals?
- 3) What foods do I find myself gravitating towards recently and how do these foods make me feel physically and emotionally?
- 4) Are there any foods I've been avoiding? Why?
- 5) Have I noticed any patterns or habits in my eating behavior?
- 6) What changes would I like to see with my food choices and how can I make these changes sustainable in the long run?

Below is a process that you can follow as you plan and prep meals each week:

Step 1: Decide on your meals

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

Step 2: Write down your ingredients

Step 3: Create your shopping list

Step 4: Schedule your prep time