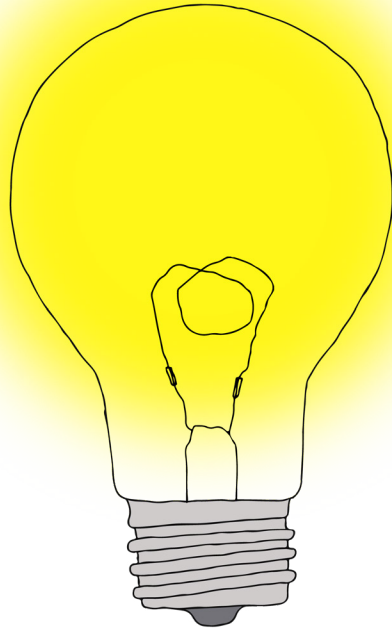


Simple Meal Plans



the
Lighten *your*
Mental Load
epic Adventure

epic adventure *playbook*

DAY 1.

I want to do this because:

My default no-shame dinner is:

*I WANT to do this
It's possible for me to change.*

DAY 2.

- Save My Go-To Meals Template to your collections
- Go to My Faves page. Open the template.
- Save your draft list of 10 Go-To Meals in the template.

Note: your go-to meals can be general ideas eg 'a curry'
or specific recipes eg. Plan-B Spinach & Eggs.

*Deciding ahead makes my life easier.
Deciding now will save me time and energy later.*

epic adventure *playbook*

DAY 3.

- Save the My Meal Plan Template to your collections.
- Go to My Faves page. Open the template.
- Play around and edit it to suit your situation.

What timing suits you for now?

- daily every 2 days every 3 days weekly other

Exactly where and when when will you decide?

examples:

- + In the kitchen after dinner for the day ahead.*
- + When I'm having my morning coffee at the outdoor table on Saturday morning before I go shopping.*
- + At my desk 11am Wednesdays.*

What will be your deciding process?

examples:

- + Look at my list of go-to meals in my faves on Simple Meal Plans on my phone. Choose from this list and write my plan in My Meal Plan Template.*
- + Look at my list of go-to meals on Simple Meal Plans. Write my plan in a notebook or planner.*
- + Look in the fridge at what I have. Look at my go-to meals list. Write my plan in My Meal Plan Template.*

epic adventure *playbook*

DAY 4.

How will I make deciding ahead fun?

HINT: Thinking positive thoughts about why you WANT to do this and telling yourself it will be fun are surprisingly motivating.

My source of new ideas will be:

HINT: The weekly meal plan from Simple Meal Plans is the best resource for simple doable delicious healthy seasonal meals.

DAY 5.

When will I review and adjust my go-to meals list and my decision process?

*Resistance is normal because my brain wants to conserve energy.
I don't have to do this perfectly to make a difference*
