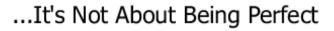
The Mindset Behind Getting Into Awesome Shape





Choosing your Favourite Foods And Shopping List

Write up your shopping list, go through the list and have a look at the foods that are there. And think about what you can do with the ingredients to create quick healthy meal options for yourself. And as ideas start popping into your head while we doing this make sure you write them down. And you can go back to them later and brainstorm on them.	
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