



Food Prep - Take Action

To create healthy, lasting habits take small, consistent steps that you can manage. When thinking about food prep, make it simple. You have enough to do and worry about, don't let food prep become an extra task.

So, what prep will you do after a grocery haul, if any?

What food prep can you do through the week to make meal times easier?

What kind of snacks will you keep on hand or with you?

How will ensure you continue hitting you water goal? What kind of prep could help you with this?

Have fun prepping for success!!