

YOUR HEALTHY EATING WORKBOOK

with the compliments of

The Good Food Angel™

www.your-healthy-eating-helper.com

DESIGN YOUR OWN *GOOD FOOD ANGEL* SURVIVAL PLAN

Now you have come to the most important part of your journey towards a sustainable, healthy eating lifestyle-----it is time for you to create your own *Good Food Angel* Survival Plan. Any lifestyle change is difficult and to be successful and lasting, requires thought, motivation preparation and planning. The following pages will guide you through the different stages of your journey towards healthy eating. Because it can seem a little daunting at first, you may prefer to do it step-by-step, by filling in the blanks in the following pages. Fill in whichever pages you feel are helpful to you and skip those you don't need to do This will then enable you to work out a manageable cooking routine, as you will already have done most of the groundwork. When you are ready to begin work on this section, put aside an afternoon, when you can relax, take your time and not be interrupted. It will probably take a few hours, so make a cup of tea and put on some music perhaps. Enjoy doing it! Like cooking, the more you make these things enjoyable for yourself, the more they are likely to work for you.

STEP ONE----BE INSPIRED!

It is essential to be enthusiastic and inspired about making lifestyle changes. Otherwise it will feel like a duty. In the following pages, you will find questions which will prompt you to think of ways to be inspired by experiences of food from your own life.....

MY THREE MOST MEMORABLE MEALS

MEAL ONE

Where.....

With who.....

What we ate.....

.....

Why was this memorable?

.....

MEAL TWO

Where.....

Who with.....

What we ate.....

.....

Why was this memorable?

.....

MEAL THREE

Where.....

Who with.....

What we ate.....

.....

Why was this memorable?.....

.....

MY FAVOURITE GOOD FOOD MEALS FROM MY CHILDHOOD

Time for some Proustian recollections! Remember how you enjoyed these tastes from your own life as a child and let this motivate you to create the same memories for your own children.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

STEP TWO: MULLING IT OVER

Don't rush this phase as spending time on this will help the success of your plan. Without worrying about how you would put any changes into practice, allow yourself to think freely about how you would like to change your eating habits. Don't limit, or censor yourself, write down whatever random thoughts that come into your head

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STEP THREE: LINK GOOD FOOD EATING TO YOUR CORE VALUES

One of the most important ways to make change successful, is to find how it connects to your core values. This means digging deep, to find out what is really behind the superficial reasons that make you think you want to change, but which, by themselves, may not be sufficient to inspire you to overcome all the obstacles and stay the course. With food, it is important to get your motivation going from the inside out. Connecting to the real motivation in your heart will give you the inspiration and passion to kindle your energies and do what you really want to do. When answering the questions below, you might begin with how you want to look (weight issues), but as you progress down the page, you will arrive at deeper issues, such as how you want to feel, what kind of a person you want to be, how long you want to live, what you want for your family and what values you want to give your children, what you want your children's experience of food to be and what deep and lasting difference this would make to their lives.....

* * *

STEP FOUR: PLAN FOR STRESS

When you are certain that you want to change to healthy eating and have come to a decision to do so, plan how you will deal with the practical difficulties this will cause when your present routine and habits get turned upside down. You don't want to take on too much stress at once, which would be counter-productive, so when you change your household over to healthy eating, you may need to break it up into stages. If so, write them down here, taking into account how much stress you already have in your life.....

* * *

STAGE ONE

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STAGE TWO

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STAGE THREE

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STAGE FOUR

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STEP SIX: THE DEVIL IS IN THE DETAIL

Plan out the specifics of putting your plan into action, down to the finest detail. Think about what changes you can make to enable you to buy better quality food, such as buying organic, buying online, buying from a farmer's market, getting a box delivery, shopping in your local village shops etc. Try to find some way of getting good quality fruit, vegetables, bread, fish, meat, cheeses and deli produce. There are lots of ways this can be done and it may not be as expensive, or difficult as you think. Do also include a takeaway option for difficult days, if there is a good deli near you, or a healthy takeaway, though the latter are rare enough. I have a place in the city centre I regularly go to after a day in town, to pick up some delicious macrobiotic salads and beautiful breads for our evening meal, if I feel too tired to cook. I'm also lucky to have an award-winning Indian takeaway near me, which sells natural, healthy, freshly-cooked meals, which I use in emergencies. If you have a fall-back plan like this, you won't just grab anything when the going gets tough. Also, see if there is an inexpensive casual restaurant you could bring your children to for treats and parties, instead of McDonalds, such as a good bagel bar, or a restaurant, where they can get proper quality child-friendly food, instead of fish fingers and chicken nuggets and chips.....

* * *

WHERE TO BUY FRESH GOOD QUALITY ORGANIC FRUIT AND VEGETABLES

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WHERE TO BUY GOOD QUALITY ORGANIC MEAT, POULTRY AND FISH

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WHERE TO BUY GOOD QUALITY WHOLEWHEAT BREADS/BAKERY PRODUCE

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WHERE TO BUY GOOD DELI PRODUCE

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WHERE TO BUY GOOD QUALITY DELI, TAKEAWAY AND DELIVERY FOODS FOR EMERGENCY MEALS

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WHERE TO TAKE THE CHILDREN FOR A GOOD FOOD RESTAURANT TREAT

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GOOD FOOD MEALS THAT MY FAMILY LIKE

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

FACTORY MEALS MY CHILDREN WANT THAT I COULD HOME-COOK

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

MY TOP SEVEN GOOD FOOD DINNERS FOR EACH SEASON

List seven dinners that are healthy, nutritious and enjoyable, that your family like and that are manageable for you to cook. If you are feeling ambitious, list desserts too.

WINTER

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

SPRING

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

SUMMER

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

AUTUMN

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

TOP SEVEN GOOD FOOD LUNCHBOXES

If you make lunchboxes for your children, think about what you could put in them that they would like and that would be nutritious and healthy. See if any of the dinners on your dinner list could be adapted for lunch the following day.

WINTER

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

SPRING

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

SUMMER

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

AUTUMN

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....

EVERYDAY BREAKFAST MENU TO SUIT ALL THE FAMILY

WINTER/AUTUMN

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SPRING/SUMMER

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.....
.....

BRUNCH OPTION

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STEP SIX: MY GOOD FOOD ANGEL SURVIVAL PLAN

Now you know, from the previous exercises, where you want to go and what resources you have to get you there. Use this information to create your own seasonal Survival Plan. On my website www.your-healthy-eating-helper.com, you will find blank templates for creating your Survival Plan menu rotas and shopping lists. Print them off if you think they would be helpful to you. Choose whichever shopping list you prefer to use---by food type, or by shop. On your Survival Plan page, fill in your planned meals in the space for each day *and at the same time*, fill in the Cooking Ahead column and the Shopping List.

On the Shopping List, fill in all the ingredients you need to buy in order to cook everything on the page, plus any staple stocks you will need to replenish as a result of cooking those meals, plus all your other weekly shopping staples and miscellaneous extras. This way, you will never run out of anything, because, like the futuristic fridge, *using* something is also the trigger to replenishing it. And so your larder will never be bare! You will find quick-reminder food lists for fridge, freezer, cupboard and larder on my website also, in the Plan Healthy Section.

With your filled-in personal Survival Plan, you have what is essentially a complete, self-contained shopping and planning universe, tailor-made for your family's needs. You need never forget anything again. When planning your menus, a weekly rota will probably suffice at first, provided you vary it with the seasons. If you need a little more variety, start by adding in one, or two different meals each week, while keeping the rest the same. However, as you become more

used to your new cooking routine, you may find that you prefer to extend your menu rota to a fortnight, or longer. If you think you can manage a fourteen-day survival plan instead of seven days, just fill in two tables for fourteen days. Do always have some extra meals on standby, in case you can't get good quality fresh produce for the meals you had planned to cook. (If you need extra Survival Plan and Shopping List pages, you can download them from my website.) Now that you have decided on your own personal healthy eating survival plan, make it a little easier for yourself to implement, by filling in the following pages.....

MY SURVIVAL PLAN ESSENTIAL LARDER LIST

On the following page, list every non-perishable you need to have in your larder to cook everything in your Survival Plan, plus all your other miscellaneous needs, including dishes not in the plan that you like to cook from time to time and snacks that are not part of any particular meal plan. Then, before you write up your weekly shopping list, do a quick check to see if anything in your larder needs to be replenished.

YOUR HEALTHY EATING LIFE HAS NOW BEGUN!

Well done! You have completed the groundwork for your new healthy-eating lifestyle! The difficult bit, the thinking and planning and preparation, is done. You are now in a much better position than the thousands of people who embark on fad diets and impulsive New Year's resolutions. *You* have a plan that will last and enable you to eat well for the rest of your life. You can now give yourself and your loved ones, the gift of eating food that is good for your health, your longevity and your happiness, every day for the rest of your lives!

Do drop in and visit my website from time to time. I will be updating it and adding to it and you are always welcome to share your recipes there, with others on the same journey as you. And, as always, you are welcome to send me your comments on whether you found this workbook helpful and if there is anything else you would like me to include. You will find a link to my contact form by going to my homepage.

Blessings on your table!

The Good Food Angel.

Remember, healthy eating is enjoyable!

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