

“Nothing Tastes As Good As Fit Feels”

Tips for Meal Planning, Packing Your Lunch, and Eating Away From Home

Here’s your CrossFit Sanctify Active Health Training Series Tip Sheet #3. Be sure to read it, and then file it so it’s always handy for quick reference and a refresher on the fundamentals of health and fitness success.

Words To Live By...

“When you know what you want, and you want it badly enough, you’ll find a way to get it.”

“Without a sense of urgency, desire loses its value.”

“My suggestion would be to walk away from the 90% who don’t, and join the 10% who do.”

Jim Rohn



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Many of us have overly busy lives and often turn to eating meals out or quick processed foods.

But by focusing on and creating healthy nutrition habits, you will not only get and stay fit, but you will also improve your long-term health and even prevent future disease. Here are a few tips for good meal planning to keep up with our busy lives:

Plan Your Meals for the Week

On Saturday or Sunday, make a list of the meals you would like to eat for the coming week. Remember to choose balanced meals, meaning a balance of lean protein sources, low-glycemic carbohydrates, fruits, vegetables, and good fats.

From there, create a grocery list of the items you will need. Planning this one grocery trip to get enough to last you a week or even two weeks, can save you time and money.

Dedicate a Few Hours for Prep and Cook Time

Now that you have all your ingredients and recipes laid out, you can start cooking.

If you are not a big fan of cooking and/or want to save time throughout the week, set aside a couple hours one or two days a week to cook several meals at once. On these two days cook enough for lunch and dinner for the following few days.

It’s Not Glamorous...But It’s Necessary

I realize this is not glamorous (and probably not your idea of fun), but it is so crucial to eating supportively throughout the workweek. Just trust me that every hour you spend preparing healthy, nutritious meals in advance, will eliminate four (or more) hours of additional exercise you would otherwise have to do to counteract the negative impact of eating ‘convenience’ foods that are really bad for you.

Pack in Tupperware

After you have prepared enough meals to last you a couple of days, separate the servings into individual sized Tupperware containers. Put a couple in the refrigerator and the rest in the freezer. This way you can *easily* grab one on your way out the door to work to have for lunch.

If You Have Questions...

Call us at 608-441-0888 or e-mail info@crossfitsanctify.com for answers to your questions or additional support with exercise, nutrition and motivation. Our promise to you is to always be there for you. *You are not alone in this anymore!*