



**WELLCO®**

# ***4 STEPS TO CHANGING EATING HABITS***

- ***SETTING A PLAN***
- ***GROCERY SHOPPING***
- ***MEAL PREPARATION***
- ***SAMPLE MEAL PLAN***



A top-down view of a desk with a light green surface. In the center is a spiral-bound notebook with a yellow cover and lined pages. A silver pen lies on the notebook. To the right is a green apple. To the left is a measuring tape. The title 'SETTING A PLAN' is written in large, bold, orange letters across the top of the notebook.

# SETTING A PLAN

Changing your eating habits will take dedication, motivation, and hard work. This process starts in your head. The first thing you need to do is: find **WHY?** you want to change.

- Are you unhappy with your appearance?
- Do you have health problems? Do you want boost your health?
- Do you want to wear your dream dress?

**80% of success** in trying to improve your body shape and health is in sticking to proper eating habits and eating routine.

**Changing your eating habits is simple but not easy. You are aiming for small and consistent changes.**

You have to be ready to change your habits, such as the **time of the day** that you eat your meals, you will no longer be able **to eat some of the foods** you love and, last but not least, sometimes, you will feel **hungry**, before you get used to eating **smaller portions** than before. **If you are determined to change your behaviour, here's how to START....**

- *adopt healthy eating habits,*
- *come up with next week`s meal plan,*
- *go grocery shopping,*
- *prepare and cook most of your meals,*





The most important rule: If you want to make a change, but you keep repeating the same things again and again, it's hard to get anywhere towards your goal. So to move forward to reaching what you want, you have to rethink your nutrition approach and set up a new rules and eating habits.



# GROCERY SHOPPING

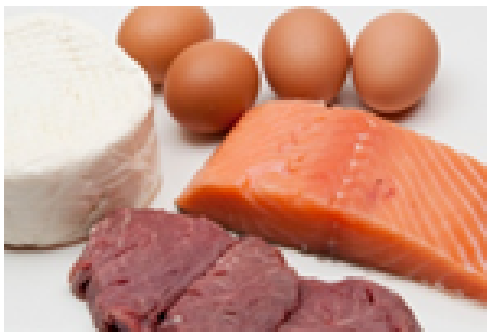
The **main goal** is to buy **healthy ingredients**, to use in your **meals** that will help you achieve **the desired goal**.

**Each meal consists of protein, carbohydrates and fats.**

Only proteins and carbohydrates are listed in the following table. Fats are contained in sufficient amounts in protein sources and therefore you do not need to supply them extra. Also, the preparation of meals involves a certain amount of fats, e.g. oil.

Listed below are sources of protein and carbohydrates, as well as essential vitamins and minerals. Incorporate a mix of them in your daily eating routine.

## PROTEINS



- Chicken breast
- Lean beef meat
- Lean minced meat
- Quark
- Egg white / Eggs
- Ham
- Cottage cheese
- White yogurt
- Milk
- Tofu
- Tuna in brine

## CARBOHYDRATES



- Whole wheat bread and rolls
- Oat flakes
- Buckwheat
- Rice
- Pasta
- Potatoes
- Fruit
- Couscous

## VEGETABLES



- Spinach
- Tomatoes
- Green pepper
- Peas
- Salad
- Cauliflower
- Broccoli
- Zucchini
- Cabbage
- Celery
- Cucumber....



# MEAL PREPARATION

**Preparing your meals at home the day before is the key.**

This is absolutely necessary, because if you have to buy food in the restaurant, it can easily happen that it will not be the **most suitable choice**.

## How to make meals from basic ingredients

Use your fist, palm and cupped hand to control **portion size**.

- **Your palm is a portion of protein**
- **Your cupped hand is a portion of carbohydrates**
- **Your fist is a portion of vegetables.**



**For protein-dense foods like meat, fish, eggs, dairy, or beans, use a palm sized serving.**

For men we recommend two palm-sized portions and for women one palm-sized portion of protein with each meal.



**For carbohydrate-dense foods – like rice, bread, potatoes or fruits – use a cupped hand to determine your serving size.**

For men 2 cupped-hand sized portions and for women 1 cupped-hand sized portion of carbohydrates with each meal.



**For veggies like broccoli, spinach, salad, carrots, etc. use a fist-sized serving.**

For men we recommend 2 fist-sized portions and for women 1 fist-sized portion of vegetables with each meal.





# MEAL PLAN

Day	7 AM	10 AM	1 PM	4 PM	7 PM	10 PM
Mon	Egg omelet (1egg) 1 slice of bread 100 g radish	1 Apple	100g Grilled fish 100g Potatoes 250g Steamed veggies	50g Peach 150g Natural yoghurt	100g Tuna in brine 200g Green salad with tomato and cucumber 1 Wholegrain roll	Water
Tue	100g Fresh fruit with 100g quark	1 Pear	100g Beef stew 100g Rice 250g Mixed salad	5-10pc Almonds 150g Natural yoghurt	1 slice of Bread 100g Cottage cheese 50g Ham 1 Tomato	Water
Wed	150g Oats porridge 50g Quark and 50g fruit	1 Orange	100g Grilled chicken in tortilla with 150g Grilled veggies	50g Banana 150g Natural yoghurt	100g Roast beef 100g Rice 250g Cucumber salad	Water
Thu	1 slice Wholegrain bread 50g Ham and 1 Green pepper	1-2 Carrots	100g Grilled turkey 100g Pasta 200g Mixed veggies salad	5-10pc Walnuts 150g Natural yoghurt	100g Tofu 100g Brown rice 250g Green leafy salad	Water
Fri	50g Quark with 50g Fruit 50g Natural yoghurt 50g Oats	50g Grapes	100g Sautéed lean pork with vegetables 100g Mashed potatoes	50g Mandarin/orange 150g Natural yoghurt	100g Grilled salmon 100g Roasted potatoes 250g Cabbage and carrot salad	Water
Sat	Scrambled egg (1 egg) 1 wholegrain roll 1 tomato	1 Kohlrabi	200g Chicken risotto 150g Cabbage salad	5-10pc Cashew nuts 150g Natural yoghurt	100g Spaghetti bolognaise 100g Lean beef 250g Mixed vegetables	Water
Sun	“Cheat day“	If you stick to your plan	MON - SAT	You can eat some	of your favorite food	



Do you want to review your meal plan or have one created for you?

Do you need help knowing how many calories to eat?

Contact us for a free 30 minute coaching session.