

Weight Loss & Wellness

STEP 2

**PREPARED FOR
SUCCESS**



*Success in weight loss and wellness is
when preparation meets opportunity*

-Dr. Matthew Kulka

Intentions & Thoughts vs. Preparation & Plans!

How many times have you told yourself, “today is the day I start my diet,” only to sabotage yourself a day or two later when you’re feeling hungry or stressed?

Intentions and thoughts are nice, but you’ll never achieve long-term weight loss results without proper preparation and planning.

That’s why step 2 of the Seriously Simple Steps program focuses on planning and preparation to achieve success.

Why most diets fail

- 🌱 Lack of preparation.
- 🌱 Lack of knowledge.
- 🌱 Lack of a good plan.

Diet plans that offer you food, shakes, and meals do all of the preparation for you, leaving you unprepared to plan your meals in the real world or when you go out to eat. Without preparing meals ahead of time, you are more likely to break fasts and snack on whatever you have lying around.

This is why The Seriously Simple Steps work. By personally planning your meals in advance, you will be more likely to eat planned meals and avoid eating unintentional snacks or meals that are highly unhealthy.

Next: Planning Ahead ►



Planning Ahead

The second step of the Seriously Simple Steps program is designed to help you plan your meals at least one day in advance so that you can eat healthily, consume most of your calories before dinner, and avoid unplanned meals.



Take Action

- Plan today what you will eat tomorrow.
- Consume 2/3 of your daily calories before dinner time and a maximum 1/3 at dinner. This will reduce overeating and sabotage later in the day.
- Read labels on foods to determine portion sizes.
- Make a shopping list with a week's worth of food and snacks—this helps you stick to healthy options instead of buying unhealthy meals that are quick and filling.
- Consult the Seriously Simple Steps website for healthy meal and snack ideas.
- Purchase healthy snacks like fruit or nuts when you crave snacks during the day.
- Plan and prep multiple meals in advance so they are ready to consume—this cuts down on meal prep time.
- If you are ordering in, plan ahead so you can choose a healthier option instead of "pizza" or other unhealthy options when you're looking for a quick and filling meal.
- Consider leaving some food on your plate to allow your body to signal whether it is full or not.
- Drink water before meals to feel more satiated while eating—studies show drinking water before meals make you less hungry, so you consume fewer calories.
- Log all meals in an appropriate food log.

See the Benefits

- Stick to your goals easier by having healthy, convenient choices ready to go when it's time to eat.
- Enforces healthy eating habits so you can avoid whatever is around.
- Gives you the willpower to avoid eating unhealthy meals with coworkers.
- Increases willpower to avoid eating excessive amounts of food during meals.
- Helps you build a foundation for weight loss to incorporate future steps, such as proper nutrition and diet modifications that lead to sustained results.

As with any diet program or modification, discuss the details with your physician before making any changes, especially if you have any medical conditions or take any medications.

You've Got this!

Once you feel comfortable with step 2 on food preparation, move on to step 3.

Next: Review ►

Reviewing Your Steps

The second step of the Seriously Simple Steps program is designed to help you plan your meals at least one day in advance so that you can eat healthily, consume most of your calories before dinner, and avoid unplanned meals.

Step 1

- Stay on track with Time-restricted eating.
- Leave at least 3-4 hours from dinner until lying down to sleep.
- No snacks after dinner. Not even fruit or veggies. Water is ok.
- Eat for 10-12 hours per day. Fast for 12-14 hours overnight.

Remember

- Keep wearing your green wrist band for motivation!
- This is a process. It takes time to adjust to new things. Be patient.
- Consistency is key. Do your best to stay on track each and every day.

