

MEALS TO MEALS CHALLENGE

STEP BY STEP GUIDE

HEALTHY SNACKING

ANY STEPS YOU TAKE CAN HELP YOU TO FEEL BETTER



Give up evening snacking and go for healthier snacks during the day. Packaged snacks tend to be high in sugar, fat and salt and don't contribute to our nutritional well-being and can cause more cravings for these kind of foods.

Timing of snacks can also be significant. Why give up evening snacking? The snacks we tend to eat in the evening after dinner tend to be low in nutritional value. Often we eat these out of boredom or anxiety. Eating right before bed is hard on our digestion.

Some steps to take:

- Clear your house of snacks that are high in sugar, salt and fat and don't buy more (you could donate this money).
- If you want to snack, focus on fruit or vegetables.
- Brush your teeth after dinner, and declare the kitchen closed. If possible, close the kitchen door.
- Each time you feel the desire to snack, check in with yourself to see what you are feeling and find an alternative activity to eating- reading, artwork, meditation, put on music and dance.....
- If you are watching TV- walk away during the food commercials.

MOVE TOWARDS PLANT BASED EATING

ANY STEPS YOU TAKE WILL HELP YOU TO FEEL BETTER

Minimize or exclude animal products from your diet. Consult with your health care provider before starting this if you are on medications as your dose amounts are likely to change.



Why is it helpful to do this? A whole food plant based diet has been found in many studies as well as in the **Blue Zone** communities around the world to improve many health markers and prevent and reverse several chronic diseases. It is also a great way to have a positive impact on our planet by reducing the use of resources to raise food and reduce pollution.

Using plants as your major source of food almost always reduces your food costs. Legumes (dried beans, peas and lentils) are one of the most nutritious foods and also very

inexpensive.

Some steps to take:

- Start by eliminating/reducing animal products at breakfast for the first week
- Eliminate/reduce animal products from your breakfast and lunch meal in week two
- Eliminate/reduce animal products from all meals in week three

FOR A MEAL PLAN GUIDE TO ENSURE YOUR GET ALL THE NUTRIENTS YOU NEED IN YOUR NEW WAY OF EATING- CHECK OUT DR GREGER'S DAILY DOZEN APP OR ON [NUTRITIONFACTS.ORG](https://nutritionfacts.org). This guide gives you the minimum number of servings needed per day. Depending on your calorie needs, you may need more servings in each group. It's best to top up on legumes and veggies (both watery and starchy) servings.

Looking for meal or recipe prep ideas? There are many great websites that can give you guidance. Go to inshapehi.com for a detailed listing of good websites to explore.

INTERMITTENT FASTING OR TIME RESTRICTED EATING ANY STEPS YOU TAKE WILL HELP YOU TO FEEL BETTER.



Limit your intake to between 6-12 hrs, preferably during daylight hours and starting within a few hours after waking.

Do not restrict to less than 6 hours. Consult with your health care provider before starting this if you are on medications as your dose amounts are likely to change.

Why is it helpful to do this? Our digestion and sensitivity to insulin (very important for people with pre diabetes and diabetes), is better starting in the morning and they both wane as the day progresses. Studies show that calories eaten in a limited time frame tend to result in less weight gain than the same calories eaten anytime in a 24 hour time period. It is also helpful for other blood markers like cholesterol. Have at least 2 meals per day so as to maximize your nutrient intake and of course, try to focus on eating healthy foods.

Helpful tips from Yashoda Bhaskar MD in this [VIDEO](#).

Some steps to take:

- Make your breakfast 1 hour later and dinner 1 hour earlier, then gradually continue to move dinner time back until you are at your goal time frame. Remember that less than a 6 hour eating time frame is not recommended. You can adjust the time frame every few days so as to allow yourself to adapt more easily. (see below)
- Stop at any point along the way, if it feels appropriate for you. IF YOU FEEL UNWELL, STOP THE PROGRAM AND REASSESS. - TIME YOUR EXERCISE WHEN YOU HAVE EATEN SOME FOOD.
- If you are on medication, you need to contact your medical provider before radically altering your diet. If you have a history of disordered eating, this plan is not recommended.

Day 1 & 2: Eat breakfast at 8 and complete dinner by 7pm.

Day 3 & 4: Eat breakfast at 9 and complete dinner by 6pm

Day 5 & 6: Eat breakfast at 9 and complete dinner by 5pm

Day 7 & 8 : Eat breakfast at 9 and complete dinner by 4pm

If you get hungry before the next eating time rolls around, drink water or warm herbal tea.

FOCUS ON EXERCISE-INCREASE YOUR ACTIVITY LEVEL AND MOVE MORE EACH DAY ANY STEPS YOU TAKE WILL HELP YOU TO FEEL BETTER



Activity/movement/exercise is good for so many reasons. Right now, the top of your list may be stress reduction.

Exercise helps us to feel better, improves our metabolism, helps with sleep and can strengthen so many parts of our body.

If you are able to safely go outside to exercise, try to do that. If not, find some online exercise class or put on some dance music. Even those who are less mobile can do chair exercise. See below. If you have been doing no exercise, please check with your medical provider before starting.

Tips to get started:

- Check if you have a pedometer on your smart phone- most come preloaded but if not download a free app.
- Track how many steps you take in a day- keep your phone in your pocket all day as you move around.
- Plan to add 1000 more steps to your current total each day towards a goal of 10,000 per day
- Go outside to walk if you can do so safely but if not walk inside your house. Check out [this link](#).
- If you have difficulty walking, try chair dancing. Check out [this link](#).
- If you want to do other exercise, make a time commitment like 30 minutes