

Health Coaching Questions: Scanning for Good:

Was it really a bad day or was it a bad five minutes that you milked all day?

1. What made you smile / Laugh / Warmed your heart this last week?
(Think small)
2. Who do you want to compliment?
And how do you want to compliment yourself?
3. What are you grateful for right now?
4. Reflect on a positive interaction with another person.
5. What inspired you this week?
6. How did you challenge yourself this week?
7. What fills your cup? What gives you energy? What keeps you grounded?
8. What are you looking forward to? Something big and something small.

Session 7 Review:

1. CHECK-IN
2. TOOL BOX: Values. When we connect the dots between our values and the habits / behaviors we are working on: there is a different drive and motivation that's coming from within. They can help guide our decision making. They can motivate us.
3. TOOL BOX: Habit stacking. Atomic Habits by James Clear. This is a great tool if you are struggling to remember to do a new thing. Habit stacking is when you stack a new behavior to an existing habit so it has something to stick to. Gains traction.
4. INFORMATION:
Hydration. Caffeine. Front loading. Sipping not gulping. Hydration schedule. We looked at drink "more", "some" and "less" drinks: from flavored drinks, carbonated drinks, teas and coffees, milks, sports drinks, protein drinks, and alcohol.
5. QUESTIONS:
Sodium. It's not that straight forward. The human body is complicated and we are bio-unique. Two schools of thought. We looked at 3 different types of salt: pink salt, table salt and sea salt.
6. QUESTIONS:
Epigenetics. This idea that we can't change our DNA, but our lifestyle can affect if particular genes are turned on or off. This can be very motivating and empowering – to know that what we do, how we live, can influence our health and the expression of our genes.
7. RECIPE RESOURCES
8. GOAL: Created a goal / experiment for the week.

CHECK-IN

1. What was your goal / experiment?
2. What went well? Focus on the positive first.
3. What helped make it go well? How did you remember?
4. How did that make you feel? (Feelings Wheel)
5. What was the full experience with the experiment?
Did somethings not go as well?
6. Did anything get in the way?
What is your learning?
7. Re-design of experiment goal OR
Tools to help overcome OR
New next step on the ladder.

TOOLS / STRATEGIES:

Device Use:

- Doomscrolling and Social Media scrolling
- Negative impacts of over consumption of technology
 - o Time
 - o Mental Health
 - o Physical Health
- What to do
 - o Perspective
 - o Non-negotiable rules
 - o Time limit
 - o Delete Apps
 - o Unfollow
 - o Turn off non critical notifications
 - o Phone outside of the bedroom
 - o Plan your breaks
 - o Limit EMF exposure
 - o Change how you consume news

Resources:

Positive News:

- [Goodnews Network](#)
- [Positive News](#)
- [Optimistic Daily](#)
- Podcast for uplifting stories and news: [The-Daily-Good...>>](#)

PODCAST: Rich Roll: [Log off, Turn in and Tune up](#)

BOOK: Digital Minimalism by Cal Newton

BOOK: The Distracted Mind by Drs. Gazzaley and Rosen.

DOCUMENTARY: Social Dilemma

So What does all this have to do with Making changes to the way we eat....

If we are struggling with anxiety, depression, fatigue, concentration, etc. It is so hard to make changes to the way we eat.

INFORMATION: MENU PLANNING

Healthy eating doesn't happen by chance.

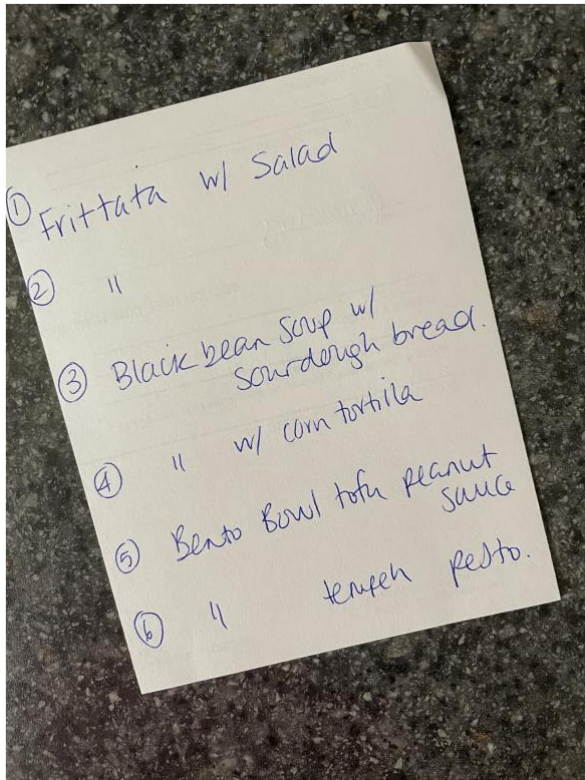
Meal planning is a form of self-care. You're taking care of future you by getting ahead of all the stress that comes with figuring out what to buy, cook and eat every day. You're also saving money and reducing food waste in the process!

Benefits:

- Brings variety to your meals.
- Less food waste (therefore more cost effective)
- Less impulse buying (therefore more cost effective)
- Helps hold you accountable to eating healthy
- Less stress

What does menu planning look like? It doesn't have to be a time consuming or overly complicated task. Start off simple.

- Pick a day and time to sit down to do this task.
- Have a system. Even if it is a piece of scratch paper.
- Create a menu just for dinners to start with.
- Use just a couple of resources. Don't get overwhelmed
- Look ahead at your calendar. Factor in evening activities and commitments.
- Make a shopping list from the menu
- Save the good ones! Use them again.



1. Frittata w/ salad
2. " w/ Sweet Potato Fries
3. Black Bean Soup w/ Sourdough bread
4. " w/ Corn Tortilla
5. Bento bowl w/ Tofu & Peanut Sauce
6. " w/ Tempeh & pesto
7. Eat out

WEEKLY MEAL PLANNER for 5 / 17 / 15

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Waffles	Egg Bake w/ fruit salad	Egg Bake w/ fruit salad	Waffles	Crock Pot Oatmeal	Crock Pot Oatmeal	Blueberry Pancakes with Bacon
Morning Snack	Homemade Granola Bar	Homemade Granola Bar	Homemade Granola Bar	Homemade Granola Bar	Homemade Granola Bar	Homemade Granola Bar	Homemade Granola Bar
Lunch	Restaurant After church	Broccoli and Cheese Potato	Salad in a Jar - Chix Tortellini	Broccoli and Cheese Potato	Salad in a Jar - Chix Tortellini	Salad in a Jar - Chix Tortellini	Lunch at Pita Pit
Afternoon Snack	Almonds And Fruit	Fruit and Hemp Seed Smoothie	Almonds And Fruit	Fruit and Hemp Seed Smoothie	Almonds And Fruit	Fruit and Hemp Seed Smoothie	Almonds And Fruit
Dinner	Homemade Chicken and Rice	Bahn Mi Pork Tacos	Sweetheart Chili and Cornbread	Bahn Mi Pork Tacos	Sweetheart Chili and Cornbread	Miso Salmon and veggies	Pizza Night!

https://ivaluefood.com/downloads/Meal_Planning_Chart.pdf

Meal Planner and Shopping List

WEEKLY MENU PLAN

- Check what you already have in your fridge, freezer, and cupboard
- Plan your menu around your weekly activities
- Place your menu plan on your fridge

SHOPPING LIST

- Write your shopping list from your menu plan
- Identify how much you will need
- Remember to take your list to the grocery store

MENU PLAN
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

ITEM/AMOUNT NEEDED	ALREADY HAVE
FRUITS & VEGETABLES	
BREADS & CEREALS	
DAIRY & FROZEN ITEMS	
MEAT & FISH	
NON-PERISHABLES	
DRINKS	
OTHER HOUSEHOLD ITEMS	



VISIT IVALUEFOOD.COM FOR MORE FOOD WASTE RESOURCES

Adapted from the EPA's Food: Too Good to Waste Toolkit

Goals	Mon	B:	Shopping List
	L:		
	D:		
	S:		
B:	Tue	B:	Wed
L:		L:	
D:		D:	
S:		S:	
B:	Thu	B:	Fri
L:		L:	
D:		D:	
S:		S:	
B:	Sat	B:	Sun
L:		L:	
D:		D:	
S:		S:	

Free Meal Plans from Tastes Better from Scratch...>>>

9 Easy Weekly Meal Plans ...>>>

How to eat plant based on a budget from Forks over knives...>>>

QUESTIONS:

The **MIND diet** is designed to reduce the risk of dementia and loss of brain function as you age. The MIND diet combines the Mediterranean diet and the DASH diet to create a dietary pattern that focuses specifically on brain health.

More info on the Dash Diet...>>>

More info on the MIND Diet ...>>>

The MIND Diet

Mediterranean-DASH diet Intervention for
Neurodegenerative Delay

WHAT TO EAT

Every day	<ul style="list-style-type: none">• 3 servings of whole grains• 1 serving of vegetables• 1 glass of wine (5 oz)
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Most days	<ul style="list-style-type: none">• Leafy green vegetables (6x)• Nuts (5x)
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Every other day	<ul style="list-style-type: none">• Beans (3x)
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Twice a week	<ul style="list-style-type: none">• Poultry• Berries
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Once a week	<ul style="list-style-type: none">• Fish
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WHAT TO LIMIT

Less than 1 T. a day	<ul style="list-style-type: none">• Butter and stick margarine
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Less than 5x/week	<ul style="list-style-type: none">• Pastries and sweets
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Less than 4x/week	<ul style="list-style-type: none">• Red meat
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Less than 1x/week	<ul style="list-style-type: none">• Whole-fat cheese• Fried fast food
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WHAT'S ON THE MIND DIET?



AT LEAST **THREE SERVINGS** OF WHOLE GRAINS EACH DAY

AT LEAST ONE DARK GREEN SALAD AND ONE OTHER VEGETABLE EACH DAY



BERRIES AT LEAST TWICE A WEEK



AT LEAST A ONE-OUNCE SERVING OF NUTS EACH DAY



BEANS OR LEGUMES AT LEAST EVERY OTHER DAY



POULTRY AT LEAST TWICE A WEEK



FISH AT LEAST ONCE A WEEK

NO MORE THAN ONE TABLESPOON A DAY OF BUTTER OR MARGARINE; CHOOSE OLIVE OIL INSTEAD



CHEESE, FRIED FOOD AND FAST FOOD NO MORE THAN ONCE A WEEK

PASTRIES AND SWEETS LESS THAN FIVE TIMES A WEEK



Alzheimer's Disease: [Bredesen Protocol](#).

RECIPE RESOURCES

WEBSITE:

[Nutrition Facts](#) with Dr Michael Greger

NUTRITIONFACTS.ORG is a science-based nonprofit organization founded by Michael Greger, M.D. FACLM, that provides free updates on the latest in nutrition research via bite-sized videos, blogs, podcasts, and infographics.

BOOKS: [by Dr Michael Greger](#)

How not to Age

How not to Die

How not to Diet













How not to Diet Cook Book

How not to Die Cook Book.

RECIPE:

[Daily Dozen challenge](#) was introduced in How Not to Die book. This is a checklist to inspire you to include some of the healthiest foods in your everyday routine.

Daily Dozen App

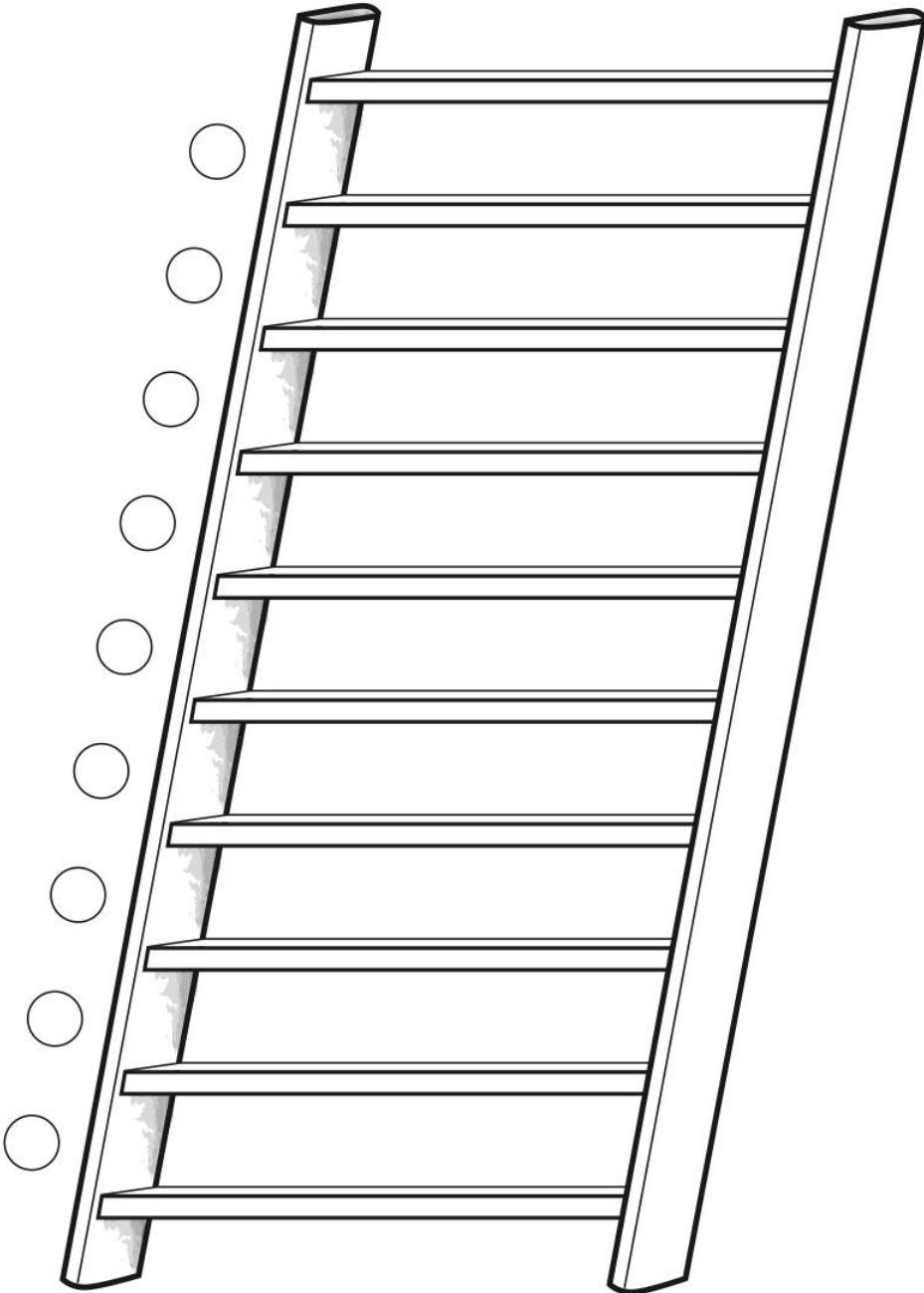
<p>Beans Servings: 3 per day</p>  <p>e.g. ½ c. cooked beans, ¼ c. hummus</p>	<p>Berries Servings: 1 per day</p>  <p>e.g. ½ c. fresh or frozen, ¼ c. dried</p>	<p>Other Fruits Servings: 3 per day</p>  <p>e.g. 1 medium fruit, ¼ c. dried fruit</p>	<p>Cruciferous Vegetables Servings: 1 per day</p>  <p>e.g. ½ c. chopped, 1 tbsp horseradish</p>	<p>Greens Servings: 2 per day</p>  <p>e.g. 1 c. raw, ½ c. cooked</p>	<p>Other Vegetables Servings: 2 per day</p>  <p>e.g. ½ c. nonleafy vegetables</p>
<p>Flaxseed Servings: 1 per day</p>  <p>e.g. 1 tbsp ground</p>	<p>Nuts and Seeds Servings: 1 per day</p>  <p>e.g. ¼ c. nuts, 2 tbsp nut butter</p>	<p>Herbs and Spices Servings: 1 per day</p>  <p>e.g. ¼ tsp turmeric</p>	<p>Whole Grains Servings: 3 per day</p>  <p>e.g. ½ c. hot cereal, 1 slice of bread</p>	<p>Beverages Servings: 60 oz per day</p>  <p>e.g. Water, green tea, hibiscus tea</p>	<p>Exercise Servings: Once per day</p>  <p>e.g. 90 min. moderate or 40 min. vigorous</p>
<p>Vitamin B12</p> <p>At least 2,000 mcg (µg) cyanocobalamin once each week (or at least 50 mcg daily), ideally as a chewable, sublingual, or liquid supplement taken on an empty stomach.</p>					

Checking in: Big Vision....

What is your Goal / Vision? In 13-sessions / by March 21st 2024:

I will be consistently.....

And I am feeling.....



Today's Date:

Step Ladder approach to a bigger goal / vision.

Are you on track?

Do you need to revise your bigger picture goal? Scale up or scale down?



Creating your own Guidelines

Julie's Guide to Clean Eating and Hydration

- Two sources of protein at dinner time
- Drink more in the first half of the day and SIP not GLUP
- Less Industrial oils (making salad dressings and sauces)
- 3 colors on my plate at every meal
- 2 fermented or cultured foods a day
- Savory snacks
- Movement snacks on computer days
- No devices when eating
- Very little stevia
- Kitchen closes at 7pm

What's your next step?

SMART

S = Specific (I will not eat any foods I couldn't make myself)

M = Measurable (I'll do this 7 days a week)

A = Attainable (I'll do this 5 days a week: Mon-Fri)

R = Relevant (This is important to me because: your why)

T = Timely (I will start Nov 6th)

Are you ready?

What is your Why?

What could get in the way?

What prep do you need to do?

What resources / support do you need?