

Weekly Meal Planner

Week of _____	Breakfast	Lunch	Dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Shopping list:			

Food + Focus - Earlier Lighter Dinners

FOCUS

Simple + yummy

Dinner needs to be easy to digest. Humans are primates, and don't produce much bile at night to digest food. Create a simple and yummy meal. The later you eat, the lighter it needs to be. Soups and salads... raw or cooked... cold or warm, depending on season.

Plan ahead.

You have to schedule an earlier dinner. If you normally work out after work, you'll need to move it to before work. You'll have more time in the morning from going to bed earlier.

Know your triggers.

If you usually go out with friends for an 8 or 9 pm meal, it's going to be a trigger when you go to make plans next. Think about other ways or times to connect with your peeps.

Set a cut-off time.

Set a time to be done eating until morning. The hard-core of you will choose dusk, even in winter. Others might simply move your ingestion cut-off time back 30 minutes, until it ends up around 6 pm most nights. Having an exception here and there is a.o.k. But, aim for the cut off to be consistent at least 5 x a week.

After Dinner Time

You will have more time after dinner when your dinner is earlier. Take a walk in summer. Play a game or work on a fun project in winter. Go to bed early.

Visualize.

Right now take a minute and see yourself enjoying a lighter, earlier dinner. Notice how it feels to go lie down for sleep with a lighter feeling in your belly. See yourself walking early and popping out of bed, fresh and light.

FOOD

Keep the meal simple.

Dinner used to be called supper. The meaning of "sup" comes from "soup". Not a show-stopper... but a liquid-based meal. Soups, stews, fruit salads, green salads, marinated salads, one pot meals. Keep it simple.

Make a weekly meal plan.

If you don't plan ahead you can't change your momentum. Schedule a time each week on your day off. Put it in your schedule. Print a blank meal planner. Fill it out. Make a grocery list at the same time. Pin the planner to your fridge. Once you have a pile of them, they are easy to update and reuse.

Don't snack.

You won't be hungry for an early dinner if you eat something besides a piece of fruit between lunch and dinner. Let your hunger mature for an early dinner.

Prepare food in the morning.

This one might seem impossible. Preparing food in the morning is easy when you plan ahead. You can use a rice cooker or a crock pot. You can bake root vegetables while you get ready for the day. Throw them into a blender to make soup at night.

Quick ideas:

- Roast root vegetables in the morning to add to a salad or blend into a soup for a quick dinner.
- Add veggie broth cubes and hot water for a soup.
- Have quinoa in a rice cooker ready when you get done from work.
- Marinate a kale salad in the morning to have at dinner when you're making breakfast.

What Time is Dinner?

What is your biggest obstacle to eating an earlier dinner?

What is your strategy around the obstacle?

What is the time you feel comfortable committing to for an earlier dinner — that is a change you know are capable of making successfully?

Can you commit to making this change 4 — 5 out of 7 nights a week? _____
Nail down any specifics that will help make this your new normal.