

Nutrition Goal Setting and Monitoring Sheet

Name: _____

Date: _____

Diet goal: _____

This week, I give myself a: _____ / 10

(10 = awesome job, 1 = huge struggle)

Meal Prep Masterclass

"Often, the single biggest change we can make to our nutrition is taking ownership of preparing most of our meals ourselves. To this end, set aside 1-2 days each when you are going to prepare meals in bulk. Wash, cut and bag single servings of vegetables or nuts. Grill 2-3 days worth of meat or tofu and prepare a cassesole dish that can be placed into single-serve tupperware and frozen for later in the week!"

This week I will do my meal prep on: _____

Sample Nutrition Goals

- Drink 500 ml of water before meals
- Have protein with every meal (20-40 g)
- Eat at least 5 servings of vegetables/day
- Eat 1-2 servings of high fibre (> 5 g) whole grains
- Have protein at breakfast (> 20 g)
- Take 20 minutes to eat meals
- Prepare my lunch every day
- Avoid snacking on junk food after dinner
- Avoid calorie containing beverages
- Limit junk food to 1 meal/week
- Limit alcohol to 1 drink/day
- Avoid snacking on sugar in afternoon
- Avoid soft drinks
- Limit caffeine to 2 beverages/day

"Changing our diet is a process that takes time! Instead of trying to change 10 things all at once and becoming frustrated by it, you are much more likely to make lasting change if you focus on 1 or 2 goals at once and commit to hitting them consistently for 1-2 weeks. Once you've master one goal, move on to the next!"

Weekly Progress: Missed or Messed Up Meals

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meal 1							
Meal 2							
Meal 3							
Meal 4							
Meal 5							
Meal 6							
Meal 7							

Adherence to a diet is what ultimately dictates your body composition success. But what you may not realize is that diet success doesn't require you to be perfect. In reality, the most successful dieters are those who are 90% compliant.