

[CONNECT] Week 1

From: Team Dr. Venus (team@doctorvenus.com)

To:

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We're in the FIRST week of the Connect To Health program! YAY!

Have you introduced yourself in the [Facebook group](#) yet? We'd love to hear from you! This group is for support, motivation, and inspiration during the next 8 weeks. You can help someone else too, so be sure to comment and add your ideas and questions.

The more you participate, the more you'll get out of it, and the more others will benefit too. As social distancing is becoming our standard for now, it's so important that we stay connected... in some way.

Be sure to post what you plan to focus on for the week, and also post about your progress or any challenges you're facing.

Here's the link so you can be sure to check in and get support as well as share ideas with others. FB group url: <https://www.facebook.com/groups/committofitcrew/>

Go ahead and take your starting weight and measurements, if you'd like to keep track over the next 8 weeks. I've included a [tracker form](#) for you to make this really easy.

This week, we are focusing on one of the most important strategies to get healthy (as well as shedding pounds and/or maintaining your ideal weight).

Week 1. Plan ahead

You know the saying – “When we fail to plan, we plan to fail,” right?

Meal planning can make a huge difference in so many ways!

(NOTE: With all the concern over COVID-19, you may find it too difficult to do meal-planning and grocery shopping for specific recipes.. with stores always seeming to run low on certain items. If so, **don't worry**. I've got some other healthy eating ideas that may work better for you right now. I'll touch on them in the P.S. below. But the principles of meal-planning will serve you well once the viral pandemic has resolved. So read on. I think you'll find the following information valuable.)

When you can take the time to figure out your meals for the week ahead of time, you can definitely eat a LOT healthier (with higher quality foods) without feeling deprived.

I fought taking the time for meal planning for the longest time, but once I gave it a try and stuck with it consistently, it made everything much easier and less stressful. And I found that I saved money!

I don't know about you, but I dread the days that I have no idea what we're having for dinner, because that usually leads to less-than-ideal food choices. A little planning ahead alleviates this problem!

Some of you are spending more time at home lately, and this is the perfect opportunity to develop a meal-planning habit.

Others of you are STILL super busy! Perhaps you're used to eating out a lot because you are on the go, go, go. I totally get it! But with a little planning, you'll see that you will actually feel less stressed, eat healthier, plus save calories and money.

Fabulous!

Need some ideas? There are many meal-planning websites and apps that can make this easy. You can either do a weekly, pre-formatted one like [emeals.com](#) (select from paleo, vegetarian, gluten-free,

traditional, clean-eating, etc.) or **TheFresh20.com** or a free site like **foodonthetable.com** or **Allrecipes.com** for ideas. You can always grab your handy dandy cookbooks and recipe box that you've filed away somewhere, and rediscover some old favorites.

You also get a fantastic assortment of recipes with this program. Check out the [Recipe Guide](#) that is filled with delicious, nutritious options.

When you plan out your meals you save time, money AND calories, especially if you cook one large meal and then make enough to enjoy it again.

A few nights a week I'll make a double or triple batch of whatever I'm cooking for dinner, and this gives me leftovers for lunch or maybe dinner for another night. We eat out less often this way and we have more control over the quality of the ingredients.

Cook once; eat two or three times.

Another great option is to use a service like Dream Dinners where you go to their location and assemble several meals at one visit, take them home, and put them in the freezer, then pull them out as needed to cook during the week. This option is more expensive than making everything yourself, but less expensive than eating out and you have more control over the ingredients. (And with the COVID-19 situation, they are offering Made For You pick up service.)

Along the lines of meal planning is planning your week. When you plan your week in advance, you are not just creating a schedule; you are designing your week and your life. When our schedules are too hectic, eating healthy and exercising becomes much more of a challenge.

Take a look at your schedule and see if there is anything that can be adjusted to allow for more time to spend on tasks that you feel are important to you and your family.

Make it a goal to run your schedule and not have your schedule run you.

What day can you spend a little time to plan out your meals for the week? Get input from your family if needed. I usually time this close to when I'm planning on going grocery shopping. [Download the Shopping Guide and Meal-Planning Tracker](#) to help with this.

Oh, and by the way, if you hate grocery shopping, consider trying something like AmazonFresh – fresh, groceries hand-picked and delivered right to your door. It can save a lot of time and it's not as expensive as you might think. To check this out, go to: fresh.amazon.com

Do you find it more difficult to eat healthy when you have a hectic week?

Share your challenges and ideas with us in the group – we'd love to hear from you.

Link to Facebook group: <https://www.facebook.com/groups/committofitcrew/>

REMINDER: Be sure to join me today for our first workout LIVE in the [Facebook group](#) today at 4:30pm PT / 7:30pm ET (USA/Canada). Dress appropriately for an "aerobics class" type of workout.

Stay Fit! Be Happy!

-Dr. Venus

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P.S. If grocery shopping for specific recipes is difficult for you, as so many items seem to sell out regularly these days, then perhaps this is a good time to try out a nutrition plan like an elimination diet or intermittent fasting. I'll talk about that more tomorrow. So stay tuned!

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