



EAT BETTER SLEEP BETTER

IN 48 HOURS

*7 doable steps to wholesome meals
& restful sleeps **everyday***

**nutriacs**^{llc}

A Note to You

A routine that has become habit requires much less energy to execute because there is less decision making involved. The power of a good routine can support you even when you are not “feeling it”. We can’t always count on ourselves to show up 100% each and every day. After all, we are human. But that doesn’t mean that we have to let the day pass us by. When we are not clear about our goals and intentions, something will fill in that space. Late night social media browsing, Netflix binging, late night snacks, you name it! This generally results in spending more time than we intend on the activities we engage in and often comes with a price. That price is having less time to do the things we want *or need* to do like preparing healthy home-cooked meals. As a result, we feel stressed, overworked, overwhelmed and unfulfilled. This is one of the ways we can get into a rut.

The solution is simple. We have to create new routines that become habits over time and actively replace our older habits. First, we have to be clear about our goals and intentions. In this case one of our goals would be to sleep better so that we feel more well rested tomorrow. Another would be to eat better so that we have the energy needed to get through the day. The next step is to consider changes that we can make in order to move us closer to those results. This is where intentions come into play.

Once you start taking intentional action, you can practice and fine tune. After you have your routine in place, continue to practice and be consistent. Over time you will find that these actions will become second nature. In fact, you may feel uncomfortable when you don’t do them. It’s at this point that you will have made new habits.

This **Template** will teach you the 7 doable steps needed to enjoy wholesome eats and restful sleeps every day in as little as 48 hours. Steps that are so simple you’ll eventually be able to do them in your sleep – figuratively anyways ...

THE 4 P's SYSTEM (TO BETTER EATS)

PLAN | PREP | PRODUCE | PACKAGE

1

Plan

If we truly want to eat better every day we absolutely cannot leave our daily food decisions to chance. After all, “a goal without a plan is simply a wish”. While planning meals seems like a daunting task, it’s actually really easy and only takes a few minutes (30 min tops) to do! Simply pick 2-3 recipes that you love for: breakfasts, lunches and dinners. Next, use the “Weekly Planner” (that’s included) to write these down in their respective slots. Finally, pick 2-4 snack options (like bananas, applesauce, yogurt and granola bars) that you enjoy and voila! Remember, your finished product does not have to be complicated or look like a gourmet restaurant’s menu! Keep it simple by having the same thing for breakfast on work days (we are creatures of habit who like consistency), and enjoying the same dinner twice in the week or taking the leftovers for lunch the next day.

PRO TIP: If you’re searching the web for recipes to try, look for keywords like “healthy”, “quick”, and “5 ingredients”. You’ll also want to stick with recipes that are between 350-500 kcal/serving.

2

Prep

Most people find this to be the fun part, you’ll use the second half of the “Weekly Planner” to check what you already have at home and then create a grocery list that you can hit the store with. Remember to avoid peak shopping times, never go to the store hungry and stick to buying only the items on your list (*your budget will thank you*). You should schedule about an hour to get this step done.

PRO TIP: Each time you complete a Weekly Meal Plan, hold on to it so you can circle back and reuse your favorites, this is especially helpful for weeks when you’re short on time!

THE 4 P's SYSTEM (TO BETTER EATS)

PLAN | PREP | PRODUCE | PACKAGE

3

Production

It's a good idea to keep this step for a day off – and definitely to separate it from grocery day. Did you know it takes almost the same amount of time to cook 1 chicken breast as it does to cook 7? Because you'll be making all your recipes for the week you can save time by combining and preparing all the ingredients needed for each recipe together. If your average recipe takes 1 hour to prepare from start to finish, you will easily be able to prepare 3-4 recipes in just 2 hours! Make sure to prioritize tasks based on how much time and work they require to prepare. For e.g. cooking rice or pasta takes time but doesn't require a lot of work so these items can literally be "put on the back burner" first.

PRO TIP: Don't forget to have fun! Play your favorite music and have a dance party. Why not make it a family affair?! Remember kids as young as 2 years old can do simple tasks like squeezing lemon juice, picking herbs off the stem, stirring ingredients and even mashing potatoes for you. Getting kids involved will also cultivate a love for cooking and decrease picky-eater syndrome.

4

Package

Now that the meals have been made, it's time to store them in a way that makes it easy for you to grab and go. Keeping in mind the amount of space you have to store things, decide how much time you want to spend to say pack your lunch or warm up dinner and then pack your meals accordingly.

PRO TIP: Sticking with one brand and size of storage containers will decrease the stress of having to rummage around for lids and bottoms that match.

Bon Apatite!

3 STEPS TO BETTER SLEEP

1

Bookending

In this context, means stopping the day's activities and beginning the process of preparing for bed. By this time, any activities are complete or have reached a point where you can stop and pick them up again at a later time. This is an important step because it involves making a conscious choice to shift our focus away from the concerns and activities of the day towards down regulating our mind and emotions. To begin this process, it is important to make a clear break from the events of the day and into an evening routine and practices (more on this in steps 2 and 3 😊) that prepare us for the day ahead and that support restful sleep. Start by setting a time to begin the process of "preparing for bed". This means that you are putting a period at the end of the sentence that was today and no longer preoccupied with the business of the day or even engaging in leisure activities any more. I generally suggest 30 minutes prior to bedtime as a starting point for bookending, but you may need a little more or less time based on your preference.

PRO TIP: If you haven't done so already, make sure that by this time your agenda for tomorrow is clearly laid out. This should include information such as tasks to complete, appointments, times, etc., so that you don't have to toss and turn thinking about these things when you should be sleeping!

2

Digitally Detach

Turn off the TV! Put down the phone! I know it's tempting to lay in bed with your device of choice but not using your TV, phone, tablet, computer, etc. etc. at least 30 minutes before bedtime will allow your brain to actually SLOW DOWN rather than continue to be stimulated by passive information consumption. In fact, don't even pick up a book because your brain needs to ONLY associate getting into bed with rest and sleep.

PRO TIP: If you are on devices any time after the sun sets, using blue light filters can support the body's natural sleep cycle.

3 STEPS TO BETTER SLEEP

3

Self-care & Preparation for the Day Ahead

Create a simple routine that engages you in self-care: *pack your lunch, brush your teeth, wash your face, lay out your clothes, etc.* Too often we place our own needs for healthy self-care on the back burner. These rituals will reinforce the fact that you matter and that taking care of yourself is important.

PRO TIP: Avoid stressful conversations or topics, 30 minutes before bed is not the time to get into a discussion about how to raise the kids or talk about work politics.

BONUS

Breathing Exercises to Relax Your Nervous System

So... you've taken the steps above and you're still struggling in your mission for the restful sleep you crave.... If you find that you are feeling restless once you've made it to bed and turned out the lights, this breathing exercise can help. It's designed specifically for the purpose of slowing down the mind which is essential in helping the body transition to sleep. If the breath is calm then the body will follow. This exercise is also great for helping you fall back to sleep if you wake up in the middle of the night.

The 4-7-8 Breath Technique

This is a very simple but effective breathing exercise. Breath in for 4 – Hold for 7 – Release for 8 – Repeat 5-10 times for best results:

1. First, take a deep breath for 4 seconds that fills your lungs near the belly rather than the chest. This focus will enable you to supply your body with more oxygen that will serve to relax your muscles and slow your mind.
2. Now that your lungs are full of life-giving oxygen, hold your breath for 7 seconds. Do not strain. Just relax as you count to 7.
3. Now exhale for a count of 8.
4. Practice this for 5-10 cycles.

You can use this exercise for getting to sleep or if you wake up in the middle of the night.

Goodnight!

One Last Thing...

Sometimes starting something new can be overwhelming and the hardest part is often taking that first step. Now that you have our step-by-step systems, you have a roadmap for success, but if you are still at the precipice not quite yet able to take the leap, consider visualizing. **Visualization** is a simple tool to help you see yourself accomplishing your goals while providing valuable insights including how to get started, assessing barriers, uncovering creative solutions, and inspiring you to move forward if you're stuck. Seeing your future-self enjoying the benefits of your effort can inspire you to take the first step today. Remember, seeing is believing so try it out!

You've Got This!

No matter which way you slice it, cultivating **good routines** is by far the best way to develop the wellness habits you'll need to truly **live healthily ever after**. Now that you have the **4 P's System** to wholesome eats and the **3 Step System** to restful sleeps in your hands, the next step is to put them into action.

Remember, this is not about perfection but rather about consistency. It's the small things you do every day that matter a whole lot more than the big things you do once in a while.

Let's Stay Connected!

Before we part ways, we want you to know this isn't the end of our journey together, but rather the beginning. We encourage you to join the discussion on:

 [@Trey.Browder](https://www.instagram.com/Trey.Browder) and [@DietitianUssma](https://www.instagram.com/DietitianUssma)

 [Facebook.com/nutriacs](https://www.facebook.com/nutriacs)

Wishing you much success on your wellness journey. Here's to living healthily ever after!

Ussma & Trey

Weekly Meal Planner & Grocery List

DATE							
	SUNDAY	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday
B							
L							
D							
SNACKS							

PRODUCE	MEAT	DAIRY/DELI	PANTRY/GRAIN	FROZEN
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