

WHY PLAN & PREPARE YOUR FOOD?



15 REASONS...



Think your way
to health



Eat what you
want



Stay hydrated and
mineralized



Avoid getting too
hungry and eating
anything



Keep your
rhythm & routine
intact



Make sure
you poop well and
regular



Take good care
of self



Healthy weight
control and balance



Know what to
expect, when, and how



Eliminate surprises,
and not feeling well
from eating crap



Avoid stress, and
not having what you
need



Accept 100%
responsibility for your
health and needs



So You Have
Energy To Sing &
Dance



Your health, well-being, and
peak performance are in
your hands



Feel Consistently
Happy, Healthy &
Whole