

PLAN FOR SUCCESS

Action Guide



Staying healthy takes planning. As the old saying goes...if you fail to plan you plan to fail...in other words you are planning for something so why not plan for success and health.

One of my all time favorite tools is an app called emeals!
It is the best app out there for meal planning and saving money! There are about a dozen different meal styles to choose from each week and you can also sign up for breakfast and lunch.

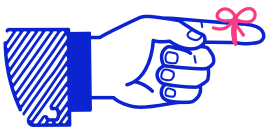
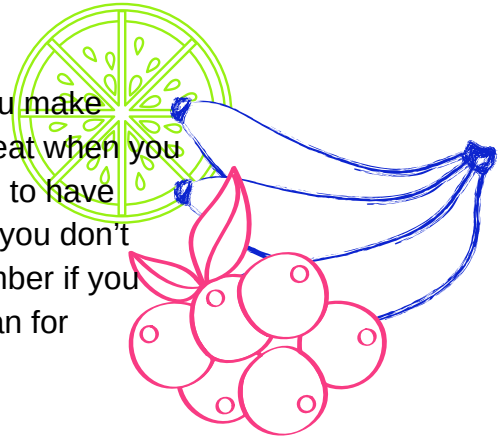
The app plans your shopping list for you and it can even bring the groceries to your front door! This app saves the average household around \$200 a month because there are not impulse buys and you purchase only what you need at the grocery store with this! YAY you...Healthy AND Wealthy!

ACTION STEPS:

- Start your free two-week trial membership [HERE](#)
- Pick your meals for the week
- Check over your grocery list so you can check off the staples you already have in your cupboard
- Delight that you have just found the answer to one of life's most challenging tasks



Planning will help you stay on track, it will help you make healthy choices, it will help you so that you don't eat when you are starving and set yourself up for a binge. Need to have healthy foods on hand and meals planned out so you don't grab whatever is easy and full of calories. Remember if you fail to plan you plan to fail...I know you want to plan for success!
YAY you!



Don't forget to complete your score card, watch FB live 7am PST/10am EST & post under the graphic the meal you are most excited to make!