



Putting it All Together.

This month the main HHW message is hassle free, cheap and easy school lunches. But, there is another message, a message for your kids. They will form an early understanding of their food, where it comes from and how it makes them feel when you involve them in your healthy activities and bring them on board while implementing these tips.

So, make sure to take a moments time to sit down and think about what you learned this month. Think about what will work for you, your family, your lifestyle, your budget and your busy schedule before you tackle any of this. Just like I mentioned above, there is great value for your children in putting these tips into play. Take your time, make a game plan and follow through. Your going to be very happy you did so – and, I guarantee you, someday your children will thank you for helping them become healthy and informed at a very early age.

Step one: Get out a notebook and pen. Start writing down all of the healthy ideas going through your brain and all of the recipes you would like to make in both small and large batches. Make note of all the ingredients and staples you will need.

Step two: Take a look at my staples list (below) to make sure you didn't forget anything you might want to try.

**Nut butters, Cheese, Grass-fed Butter, Eggs, Sourdough and/or healthy Bread(s), Vegetables, Fruits, Olives, Meats, Hard Meats (salami), Jerky, Sardines, Fish, Nori, Avocado, Coconut, Flax, Chia.*

Step three: Make a check list of what you have, what you need to buy, where you want to buy the groceries, your budget, your time availability, who you want to bring along and attach any coupons to your note book.

Step four: Schedule in the date to go. Don't cancel and try to make this date part of your weekly routine. You might not need to buy everything on your list each week, but you will definitely need to replenish staples and perishables.

Step five: Go do the shopping. Bring your list. Check off as you go. Ask your kids what they like. Ask them what would make for a "perfect" lunch and make sure to check all your choices...are they nutritionally balanced? Tasty? Do they include at least one brain food?

Step six: Unpack and prep all of your food. This means sorting pantry from fridge foods, cleaning and prepping fruits and vegetables and putting everything away neatly.

Step seven: Start cooking, baking, cooling, storing and packing.

Pick out the recipes you want to make for the week and get it done! Make large batches and store appropriately in fridge, freezer or dry storage. Pack lunches for Monday. Get organized for Tuesday.

Step eight: While packing and storing what you've made make sure to reuse all of the packaging you can. Also, remember to use all the creative tips I taught you while packing your kids lunches. There is no reason to spend money when you can reuse many bags and containers.

Now that you have an idea of what it takes to make a game plan and how to put these tips into action, activate! Really do this! It will seriously change the way you feel, the way your kids feel and make mornings way more enjoyable.

It might seem like a lot to do, but once you're in the groove you will never want to return to your old stressful ways again – Now go get planning!