



Andrea Moore, MD

## Planning Ahead

My most successful clients are planners. They know that if they fail to plan they are essentially planning to fail. This worksheet is designed to help you plan to succeed. To begin, finish your protocol. Even if you don't want to, even if you think you don't know how. Whatever you have written down, I want you to email this to me for review. If you are struggling with finishing your protocol, now is the time to ask questions. Remember, your protocol today is a starting point. Once you have completed your protocol, your next mission is to follow it one hundred percent. How do you follow it 100%? You plan! Start by deciding how far in advance you are going to plan your meals. I do a rough draft on Sunday based on my upcoming schedule and then narrow it down the night before. I write it down in my calendar or on my journal the night before and that is what I am going to eat. Here is a sample of my journal:

- **Breakfast:** Coffee with HWC (heavy whipping cream), hard boiled egg and nuts
- **Lunch:** Salad with dressing, grilled chicken and cheese
- **Dinner:** Kale salad with farro, pepitas, grilled salmon

Life happens. Sometimes the best laid plans fall through. This is where it is important to have a back up plan. I want you to make a back up plan for each meal. Your number one plan is always on plan food. 2-6 should be what you would eat as a backup. You can actually do as many backup plans as you need. Do this exercise for breakfast, lunch and dinner.

The following is an example of what my back up plan for lunch might look like:

1. On plan lunch
2. Nut butter and apple
3. Egg, nuts and cheese
4. Salad from grocery store with dressing
5. On plan lunch from local restaurant
6. Coffee with heavy whipping cream

Be careful not to use your backup plan as an excuse to not eat your planned meal.

The backup plan is to be used for when you physically can't eat your planned food. It is not to be used if a better offer comes along. Remember you can always choose to not eat or to have a coffee with HWC. Make sure though, that you drink plenty of water. Once you have your back up plans in place, that is what you eat if your original plan, your number one, falls through. This keeps you from having to negotiate with your primitive brain. No matter what.



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**Breakfast:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**Lunch:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**Dinner:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



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Next, I want you to make a list of the top 10 (or 15) restaurants that you go to with your family or colleagues. Go to the website of each restaurant and pick one or two on plan meals. Include some fast food places too. Look at the ingredients list and make sure something doesn't have flour or sugar. You would be surprised at what you find. Once you have your list, take a picture. When you go to a particular place, pull out your list and this what you order no matter what. Trust me, everything else will look better to your primitive brain but you eat what you planned.

**Restaurants:**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

As you go along in the program, I recommend that you make yourself a recipe book with 20-30 recipes that you can make for dinner. These are recipes that you already make. Try not to "research" recipes because this just drives desire for food. Once you have your list and you can make them over and over and this eliminates decisions you have to make when you are tired, hungry or bored. You can also do this for your other meals if you tend to cook. You have to figure out what works for you and make sure that you plan. I want you to plan to succeed and succeed by planning!