



The Naturally You 30 Day Reset Program

Day 5 Action Sheet

Power Meal Planning

This is where the saying “If you fail to plan, you plan to fail” really comes into play. So if after watching today’s video, you realise that a plan would benefit your life (which is probably a YES), then take some time NOW to complete the 3 meal plans below:

Day to Day Plan

	Day 1/ Mon	Day 2/Tues	Day 3/Wed	Day 4/Thurs	Day 5/Fri
Breakfast					
Lunch					
Dinner					
Snack					

Weekend/Days Off Plan

	Day1 / Saturday	Day 2 / Sunday
Breakfast		
Lunch		
Dinner		
Snack		

Special Days Plan

	Days Out	Choices at when eating out	Food to bring to/ ask for @ Parties
Breakfast			
Lunch			
Dinner			
Snack			

Action!!!

Print these off and put them to work - Well done and see you on day 6!!!

Take care & stay healthy

Leah

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