



## SESSION 7: THE JOY OF EATING

Food isn't just about nourishing your body and keeping yourself feeling great — it's also a source of great joy. From packing your plate with flavor to gathering together over meal, food offers an opportunity to light up your life. Use this page to dig into the joy of eating.

### 1: USING FLAVOR BOOSTERS

What are some Flavor Boosters you already have in your kitchen?



What are some ways you can use them to add flavor to your food?



What are some Flavor Boosters you'd like to try this week?



### 2: CONNECTING THROUGH FOOD

What's one way you can connect with others through food this week? (Write it down, then schedule a time to do it.)



### 3: HOMEWORK: ONE PAN WONDERS

Which one pan meal sounds good to you? (circle)

One Pan Sausage & Veggies   One Pan Chicken Fajitas   Crispy Butternut & Pork Tenderloin   Sesame Salmon

Tomato Basil Salmon   Balsamic Chicken & Veggies   California Citrus Salmon   One Pan Mediterranean Chickpeas

What other dish could you make with the leftovers?



### 4: HOMEWORK: GET COOKING

When can you shop for the ingredients for the meal and its variations?



When can you prep all the ingredients?



When can you cook the main meal?





## SESSION 8: FOLLOW YOUR COURSE

Focusing on your purpose — or guiding light — will help you tap into a bottomless well of internal motivation to continue taking the small steps that make you feel your best. Eventually, all of your Tiny Actions will become habits, which put your diabetes management on autopilot. Use this set the course you'll love to follow.

### 1: FROM PURPOSE TO INTENTION

What's your Purpose?



What's your Mantra (your "I am" statement)?



What's one Goal that might help to fulfill your purpose?



What's one Tiny Action you can take to reach that goal?



What's your Intention to practice each morning?



I will \_\_\_\_\_ [TINY ACTION] at \_\_\_\_\_ [TIME/PLACE] because \_\_\_\_\_ [GOAL]

### 2: CREATING SUPPORTIVE HABITS

What are some habits that would support your purpose? (Circle the one you want to work on first.)



What's one Tiny Action you can take tomorrow to support that habit?



How will you celebrate your Tiny Action?



### 3: DEALING WITH DIABETES BURNOUT

How can you turn diabetes burnout into an opportunity to do something that makes you feel good?



### 4: LOOKING BACK: HAVE YOUR CHALLENGES CHANGED?

Have any of your challenges changed since week 1? How so?



Have you been able to use anything you've learned to address them? How so?



Do you need to adjust your plan to better address your challenges? How so?





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### NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

### IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?



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## Shelf Life of Common Foods

Meal planning and batch cooking are great tools for saving time in the kitchen. They can also help you save money by reducing food waste. Note the shelf life of your ingredients and practice FIFO — First In, First Out.

	Fridge	Freezer*
<b>Raw Meats</b> (chicken, beef, fish, etc.)	1-3 days	4-12 months
<b>Cooked Meats</b>	Up to 4 days	2-6 months
<b>Non-Starchy Veggies, Whole</b> (bell peppers, carrots, broccoli, etc.)	7-21 days	Not recommended
<b>Non-Starchy Veggies, Cut</b>	Up to 5 days	Up to 12 months
<b>Whole Fruit</b>	3-21 days	Up to 12 months ( <i>berries only</i> )
<b>Cut Fruit</b>	1-3 days	3-6 months
<b>Starchy Veggies</b> (sweet potatoes, beets, etc.)	14 days-12 months	Up to 12 months ( <i>pre-cooked only</i> )
<b>Sauces &amp; Dressings</b>	Up to 7 days	Up to 3 months ( <i>sauces only</i> )
<b>Cooked Legumes</b> (chickpeas, black beans, etc.)	3-5 days	Up to 8 months
<b>Cooked Grains</b> (rice, quinoa, etc.)	3-4 days	Up to 2 months

**\*Note:** To prevent freezer burn, make sure that your food is sealed in an airtight container. You may wrap larger items tightly in plastic wrap or foil before sealing in a larger airtight container.



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### 1: FIBER & FLAVOR

Superpowered cinnamon

- ◆ One study found that just a half teaspoon a day lowered blood sugar by 24%.

What can fiber do for you?

- ◆ Fiber keeps blood sugar stable + helps keep you feeling full for longer — Aim for 25-50g per day

A bit about beans

- ◆ Beans & legumes may lower blood sugar and are a good source of vegetarian protein

5 fantastic fiber-ific fruits & veggies

- ◆ Apples ◆ Broccoli ◆ Carrots ◆ Peas ◆ Raspberries

Snack attack

- ◆ **Produce + Protein = the perfect snack** — check your MonjWell app for lots of snackspiration

Fantastic Flavor Booster: Basics

- ◆ Salsa ◆ Spices ◆ Sauces ◆ Vinegars ◆ Citrus juice & zest ◆ Fresh herbs

Flavor Boosters: Dips, Dressings & Sauces

- ◆ Check your app for directions to make your own ranch, honey mustard, peanut sauce, yogurt dip & more

**Action Plan:** What's a flavor booster you can use right now? What would you like to try?

### 2: EATING TOGETHER

The slowest eaters in the world

- ◆ The French eat slowly because they eat together & eating more slowly is good for your health

The many benefits of eating together

- ◆ Enjoy flavors more ◆ Eat healthier ◆ Decrease stress ◆ Improve digestion ◆ Save time ◆ Build relationships ◆ Promote well-being ◆ Make memories

Enlist your Support Squad

- ◆ Save time by shopping, prepping & cooking together!

Explore the world

- ◆ Tap into everyone's creative side and explore new types of food or different cuisine

Set the mood

- ◆ Set the table ◆ Turn off screens ◆ Turn on music ◆ Add flowers or candles ◆ Use special dishes

**Action Plan:** What's one way you can connect through food this week?

### 3: MEAL PLANNING

Batch cooking: Two ways

- ◆ Cook a big batch of something to enjoy the leftovers, OR
- ◆ Cook & prep individual components in advance to mix & match when hunger strikes

6 simple steps to meal planning

- ◆ Decide your meals ◆ See what ingredients you have ◆ Make a list of ingredients you need ◆ Take inventory of your storage containers ◆ Make room in the fridge & freezer ◆ Hit the grocery store

Save time with grocery store hacks

- ◆ Rotisserie chicken ◆ Bagged salad greens ◆ Zoodles & cauliflower rice ◆ Salad bar veggies ◆ Frozen fruits & veg

What can you make with roasted chicken & veg?

- ◆ Soup ◆ Salad ◆ Bowls ◆ Wraps

15-minute meals: Bowls & wraps

- ◆ **Bowl Blueprint: 1 Cup Veggie Base + 1 Serving Protein + 2 Cups Veggies + Sauce** (check your app for details)
- ◆ **Wrap Blueprint: 3 Leaves + 1 Serving Protein + 1 Cup Veggies + Flavor Boosters** (check your app for details)

**Action Plan:** What other meals can you create using a one-pan meal?







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Session 8 shows you how.

### 1: EXPLORING PURPOSE

What is purpose?

- ◆ **Purpose** is a guiding principle that shapes the choices you make in your life
- ◆ Examples of a simple purpose might be “to follow my bliss” or “to explore the world”

Mindset matters

- ◆ Because purpose promotes a positive mindset, it can make a big difference in your outcomes

Find your mantra

- ◆ A **mantra** (or affirmation) is a positive statement that supports your purpose & helps overcome negative thoughts

Reaching your goals

- ◆ The **goals** you set help you serve your purpose & you can reach your goals by taking Tiny Actions

Setting Intentions

- ◆ Set a daily **intention** by filling out this sentence: **I will [TINY ACTION] at [TIME/PLACE] because [GOAL]**

**Action Plan:** Write down your purpose, mantra, goal, Tiny Actions & daily intention

### 2: LIGHTEN YOUR LOAD WITH HELPFUL HABITS

The truth about motivation

- ◆ People find success because of **habits**, not motivation

Two types of motivation

- ◆ **Extrinsic (external) motivation** is driven by rewards, like money or physical appearance — it is short-lived
- ◆ **Intrinsic (internal) motivation** is driven by something inside, like enjoyment or connection — it is long-lasting

The habit loop

- ◆ Trigger ◆ Routine ◆ Reward ◆ Repeat

Find your trigger

- ◆ Use cues to trigger an action — like sneakers by the door to remind you to move your body

Create a routine

- ◆ Tap into internal motivation to find Tiny Actions that you truly enjoy, so you’ll want to repeat them

Try new things

- ◆ If you feel stuck in a rut, branch out an experiment to find more Tiny Actions that you love

Motivation through celebration

- ◆ Keep it up by finding small, food-free celebrations that are encouraging & make you feel great

**Action Plan:** Write down the habits you want to create, the Tiny Actions that will get you there & how you will celebrate

### 3: FINDING OPPORTUNITIES

A new way to look at obstacles

- ◆ Obstacles can provide an opportunity to make positive changes & find success

Diabetes burnout

- ◆ Managing your health can be draining at times & it’s common to feel like giving up or taking a break
- ◆ Look for opportunities, like nurturing yourself with self-care, getting outside, or asking for support

Let’s talk lapses

- ◆ Lapses in care happen — use them as an opportunity to tweak your plan in a way that will work better for you

The power of positive thought

- ◆ Practice mindfulness activities that calm your mind to exercise your positive thinking muscle
- ◆ Repeat your mantra ◆ Savor good moments ◆ Treat yourself with kindness ◆ Get plenty of rest

Practicing gratitude

- ◆ If you haven’t tried gratitude yet, make a plan to try it this week

**Action Plan:** Consider the obstacles you noted from your first week and how they may have changed.

- ◆ Then, answer the questions in your Action Plan

