



Stop Wishing, Start Doing

Rule 1. Make Your Kitchen Work for You:

To declutter, I will:

Put away unused items to clear counter space for a cutting board and mixing bowl for food prep.

To emphasize healthy foods compared to less healthy foods, I will:

Purchase healthy vegetables and individually frozen fish fillets, and store them in the freezer in front of fries and pizza.

To organize my kitchen, I will:

Match storage containers with their tight-fitting lids so it's always easy to store leftovers instead of eating more than I intend



A rule that I will set and follow is:

Only eat at the table

Rule 2. Prep and Serve Meals that Work for Everyone:

To eat healthy with my family without spending extra time and effort spent making multiple meals, I will:

Keep salad greens and eggs in the fridge so it's always easy to make myself a salad if I need a healthier option for a meal with my family.



Rule 3. Maintain Authority Over Your Health:

To eat healthy with my family without spending extra time and effort spent making multiple meals, I will:

Show joy at each meal without focusing on nutrition.

Focus on myself and my reasons, not on other people's choices.

Rule 4. Let "Better" Be Your Goal:

To succeed at making "better" choices, I will:

Keep last-minute meal options on hand like frozen stir fry mix and frozen shrimp.
