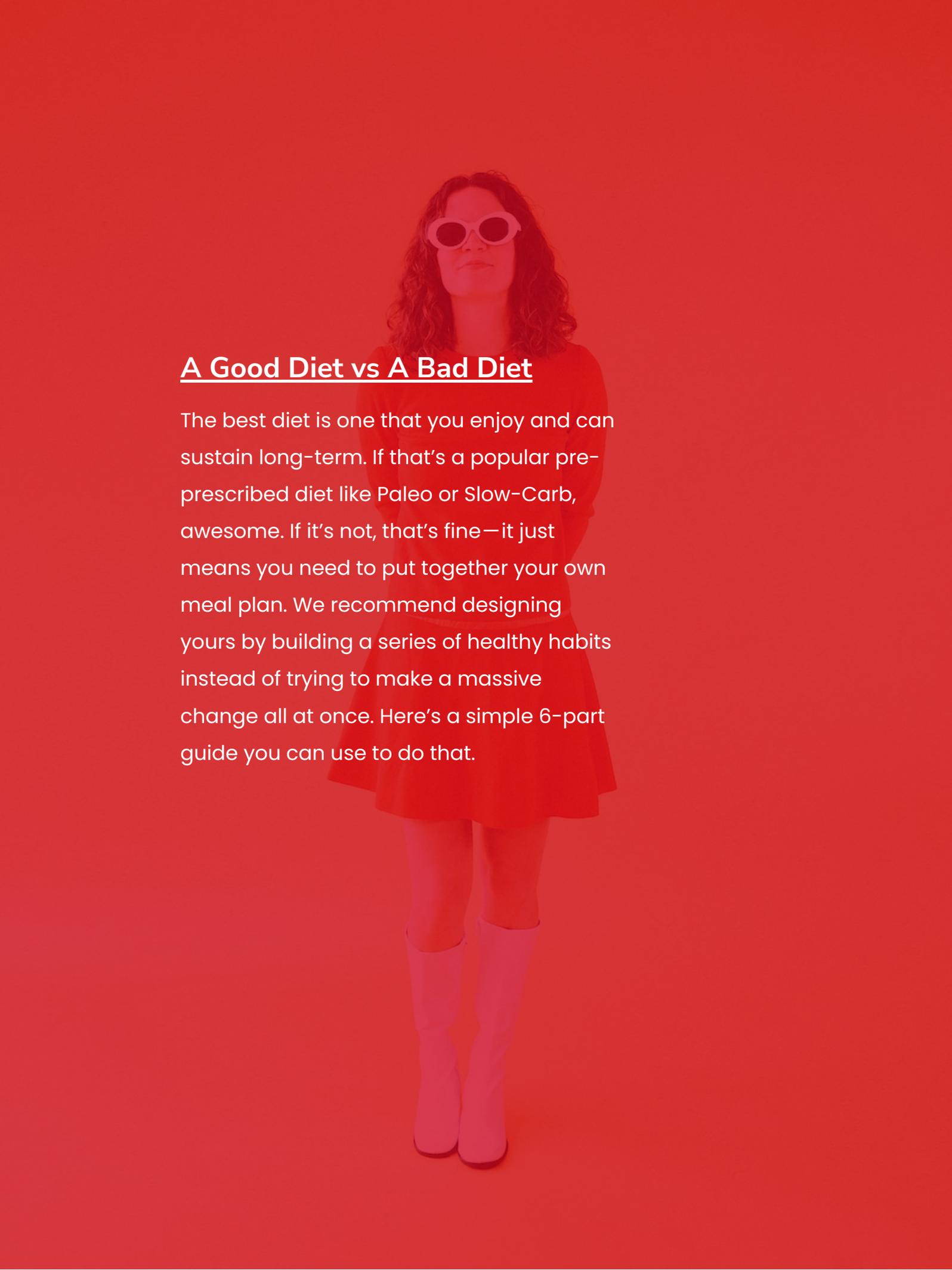


# Sreina Will Help Custom Your Meal Plan in 5 Easy Steps



*By Sreina Ilyas*

Inner Greatness



## A Good Diet vs A Bad Diet

The best diet is one that you enjoy and can sustain long-term. If that's a popular pre-prescribed diet like Paleo or Slow-Carb, awesome. If it's not, that's fine—it just means you need to put together your own meal plan. We recommend designing yours by building a series of healthy habits instead of trying to make a massive change all at once. Here's a simple 6-part guide you can use to do that.



## Step 1

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# Identify the First Drinking/Eating Habits You Want to Change

You most likely already know what this is. For example, you might pick something like “stop drinking soda.”

### **A few other examples:**

1. Moderate my desserts each day
2. Chill out on cereal in the morning
3. No food after 7pm





## Step 2

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### Good Habits vs Bad Habits

## Identify the Healthier Habit You'll Replace It With

To continue the soda example, you could plan to drink water every time you would usually drink soda. Be sure to also note how you'll implement this new habit. If you're replacing soda with water, you could plan to bring a large water bottle to your office or even replace you home soda cupboard with water.

#### **A few examples:**

1. Walk 10,000 steps per day
2. Drink 8 glasses of water each day
3. Weigh myself once a month (don't live on the scales)



## Step 3

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# Swapping Bad Habits For Good Habits, (little changes create BIG results over time).

Start putting your plan into action. Come up with a concrete list of steps you can take to make it as easy as possible to achieve your habit. For example, put a time on your calendar to remove all soda from your house and purchase a nice water filter.





## Step 4

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# Keep a Journal of How You're Feeling

This doesn't need to be elaborate. It can be as simple as jotting a quick note like "was easy" or "hard today" for the first week.

### **A few good writing prompts for you:**

1. What went well yesterday?
2. What didn't go as planned yesterday?
3. How do I feel right now?
4. What brought me joy?
5. What's my plan for today?



## Step 5

# Evaluate Your Progress

At end of week, evaluate if you want to change the healthier habit to something else that's easier. For example, keeping only three sodas in the house because giving up all soda made you feel emotionally stressed. If you decide to keep going, make sure you continue the habit for at least a month before trying for a different habit.





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# 70% Of People Who Hire A Coach Achieve And Maintain Their Goal.

Why not contact Sreina for a FREE 30 min chat and you'll get real-time suggestions, points and tips. Feeding your gut with the right nutrients, minerals and vitamins is just as important as what you feed your mind.

LET'S GET STARTED!

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