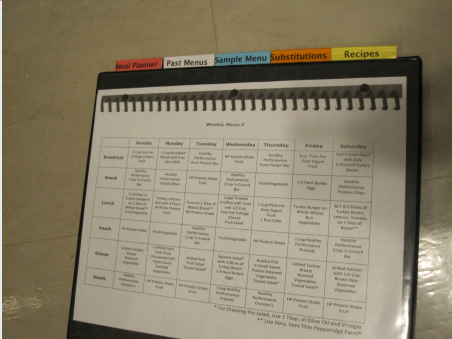




Katya Noullet

2 Timothy 4:7

*I have fought the good fight,
I have finished the race,
I have kept the faith.*



Healthy Lifestyle Tips

Here are some helpful tips I learned along the way to help others

Get organized!

BINDER TABS

- Weight Tracker
- Blank Meal Planners
- Past Menus
- Sample Menus
- Substitutions
- Recipes

PLANNING

Remember, if you fail to plan,
you plan to fail.

YOU CAN DO IT!

Your journey begins with one
step. Just keep putting one
foot in front of the other.

Get a motivational picture! It could be a picture of you, a loved one, a new outfit, a nature scene, anything that inspires you to keep moving toward your goal. Mine the banner on the top of the page.

Get organized! I put together a binder with tabs with everything I need in there for meal planning.

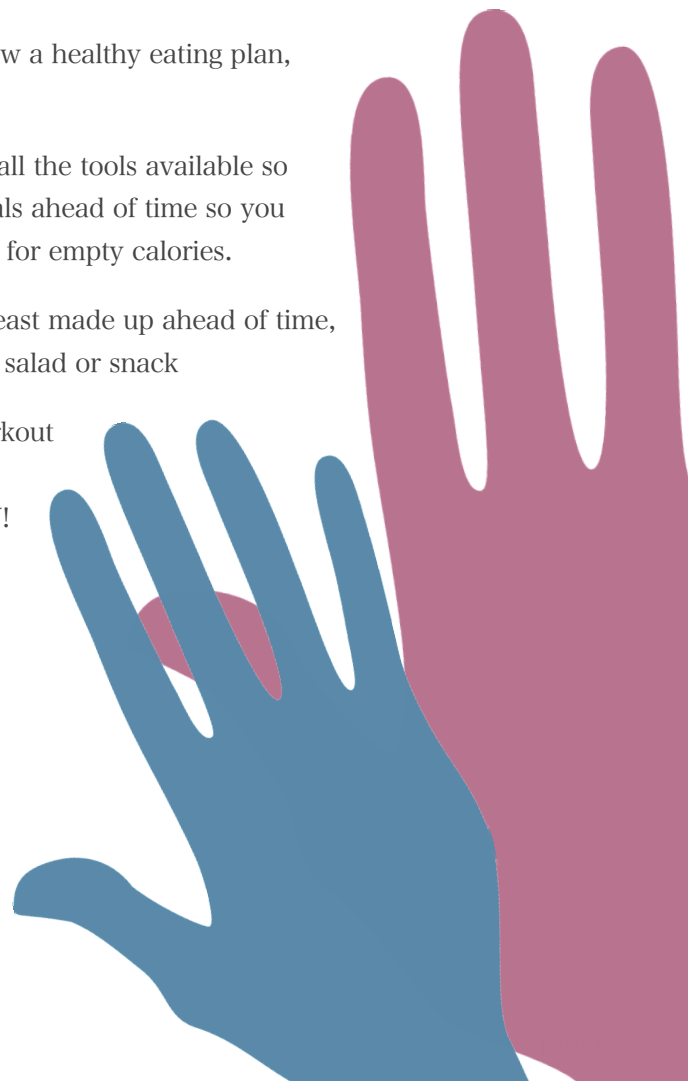
Get supplements! Follow a healthy eating plan, everyone is different.

Meal Preparation-have all the tools available so you can prepare your meals ahead of time so you won't be hungry and grab for empty calories.

Lunch-have chicken breast made up ahead of time, and chop vegetables for a salad or snack

Workout-have your workout gear ready to go, you can exercise in front of the TV!

WATER...drink...





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Breakfast

Get your mornings started off right!

Start your day with protein... no easier or better way!
Make a protein smoothie



Add a mixture of frozen and fresh fruits to your smoothie-I like bananas, strawberries, blueberries, and cherries.

Flavorings are good, too, get some mint or almond to spice things up!



Meal Preparation

These are very handy to help you to be prepared:

Crockpot—cook up chicken breasts once a week, freeze till you're ready to use!

Egg cooker—hard boiled eggs in the fridge are a great after school/work snack

Smoothie maker—super for making protein shakes in the morning



Lunch—keep it cold!

Insulated lunch bag



Freezer Gel Containers-
Rubbermaid and StayFit



Snacks-frozen grapes!



Salad Dressings-
Tupperware Midgets

