



FIVE STAR EATING

WEEK 2

My Week in Action

“If it’s made from a plant, eat it. If it’s made in a plant, don’t.” – Michael Pollan



CORE PRINCIPLE: *Eat Real, Whole Food. Stop eating crap and fake food!*



DAILY ACTION and the ONLY RULE in FIVE STAR EATING: *Read the label, every single time!*



MIND WHAT MATTERS: *Travel Well.*



BONUS ACTION: *Clean Condiments*

You may experience:

- Short-term withdrawals from addictive chemicals
- Long-term freedom from cravings for junk food
- Surprise when you start paying attention to labels

Questions to ask yourself to stay on track:

Is this real, whole, pure food?

- How many steps did it take to get to me? And do I understand them?
- May I see the package, please?
- Did this food exist in the 1800s?
- Is this the best choice I can make right now?
- How can I plan ahead to find quality, real food where I am going on my trip?
- How can I plan for and protect “self-care” time on my trip?
- How can I spend time close to nature?

“Every now and then bite off more than you can chew.” – Kobi Yamada

The challenges in Five Star Eating are simple, but not necessarily easy! Remember that learning and making changes takes TIME. Make your changes in a way that you can sustain long-term/the rest of your life.

My Week in Action: Fill in the meal plan with your healthy choices this week.

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------|--------|---------|-----------|----------|--------|----------|
| <i>Breakfast</i> | | | | | | | |
| <i>Lunch</i> | | | | | | | |
| <i>Dinner</i> | | | | | | | |
| <i>Snacks</i> | | | | | | | |
| <i>I ate real food.</i> | | | | | | | |
| <i>I read labels.</i> | | | | | | | |
| <i>I planned ahead and paid attention away from home.</i> | | | | | | | |
| <i>I feel...</i> | | | | | | | |