

Reminder:

Include relevant nutrients. For example, do not include a column for alcohol if you didn't have any

Figure 3b: Nutrient analysis examples with avocado toast + coffee

| Date | Food Item | Calories | Carbs | Added Sugar | Sodium | Fat | Protein | Caffeine | Alcohol | Data Source |
|--------------------------------|---|----------|-------|-------------|--------|-----|---------|----------|---------|-----------------|
| Friday December 12, 2025 | Avocado toast | | | | | | | | | |
| | • Ingredient #1: 1/2 mini avocado | kcal | g | g | mg | g | g | mg | g | Nutrition label |
| | • Ingredient #2: 1/2 red onion | kcal | g | g | mg | g | g | mg | g | wegmans.com |
| | • Ingredient #3: 1 slice Dave's Killer Good Seed bread | kcal | g | g | mg | g | g | mg | g | Nutrition label |

| Date | Food Item | Calories | Carbs | Added Sugar | Sodium | Fat | Protein | Caffeine | Alcohol | Data Source |
|---------------|---|----------|-------|-------------|--------|-----|---------|----------|---------|-----------------|
| | Coffee | | | | | | | | | |
| | <ul style="list-style-type: none"> Ingredient #1: Nescafe instant coffee | kcal | g | g | mg | g | g | mg | g | Nutrition label |
| | <ul style="list-style-type: none"> Ingredient #2: 3 Splenda packets | kcal | g | g | mg | g | g | mg | g | Nutrition label |
| | <ul style="list-style-type: none"> Ingredient #3: a lil' oat milk creamer | kcal | g | g | mg | g | g | mg | g | Nutrition label |
| Totals | Breakfast | kcal | g | g | mg | g | g | g | g | |

Figure 3: Breakfast nutrient analyses

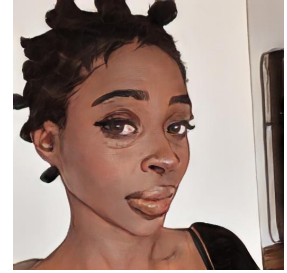
Step 4: Plan for the resources you need and your budget

Personalized goal x plan example:

Goal #1: increase daily protein AND decrease alcohol
+ grams protein - grams alcohol

Approach #1: eat more beans AND drink less wine

Plan: buy beans AND reduce wine-drinking + increase electrolyte drinks

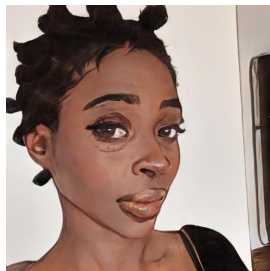


Reminder:

This should be based on YOUR diet goals, and save \$\$\$ for shopping.

Step 5: Meal prep

Determine meal prep structure:



Reminder:

Talk to yourself

“Do I want to plan for a day or for a week? Or a weekend?”

“This is new to me. It may help to start with one day of planning what I will eat for breakfast, lunch, dinner, and snacks”

“After some trial and error, I will increase my meal

Step 6: Let’s go shopping!!

Stay organized with a shopping plan

“I need to make a grocery list.”

“I also need to keep track of all this stuff—I will use a calendar.”

“I may need to consider purchasing other tools to help me stay organized. But first, I will start with the tools on my phone, like note-taking applications.”