

#### Meal Prepping and Goal Setting for Work Lunches



Evidence-based Lifestyle Modification and Medical Nutrition Therapy

#### What are SMART goals?

Provide structure accountability, and ability to track progress

Create verifiable trajectories towards a certain objective Offers clear milestones and an estimation of the goal's attainability.

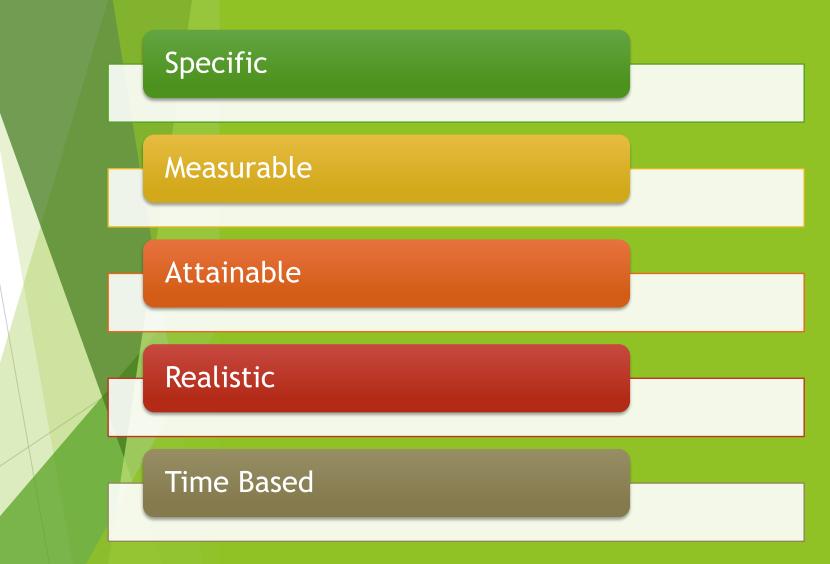
#### Why use them?

Indicate a specific way to articulate future goals

Assists in getting and staying focused

Provides a clear explanation of what the future state looks like and how it will be measured

## What does SMART stand for?





#### What exactly do you want to achieve?

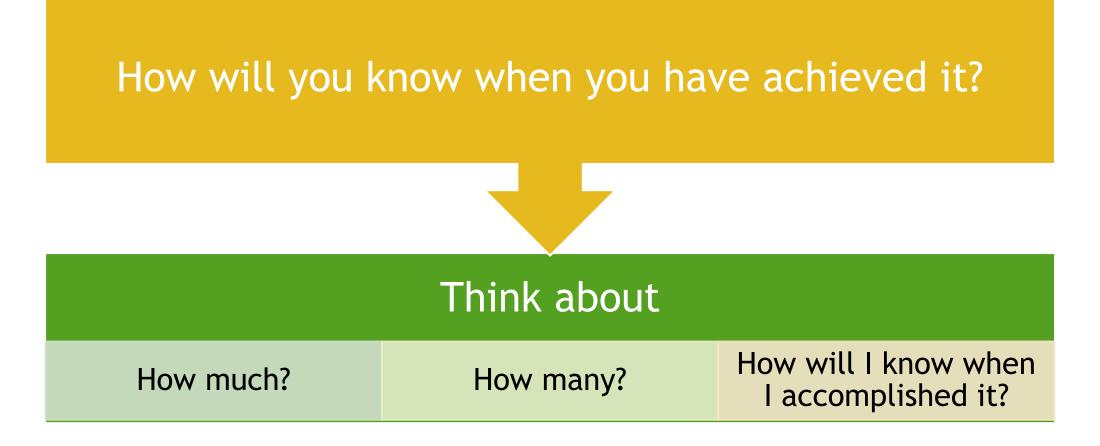


#### Think about:

Who is involved? Where is it located?

Which resources are involved?

#### M- Measurable





#### Is it something you have control over?



#### Think about:

#### How can I achieve this goal? How realistic is the goal?

#### R - Realistic

#### Why is this applicable to your life?



#### Think about:

Does this seem worthwhile?

Does this match my efforts/needs?

#### T - Time Based

#### When do you want to achieve this goal?



Think about:	
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When?	What can I do six months from now?	What can I do today?
	monuls from now:	today:

# SMART or Not?

I will walk 10 minutes every hour 5 days/week. I will remember to do this by setting alarms on my phone.

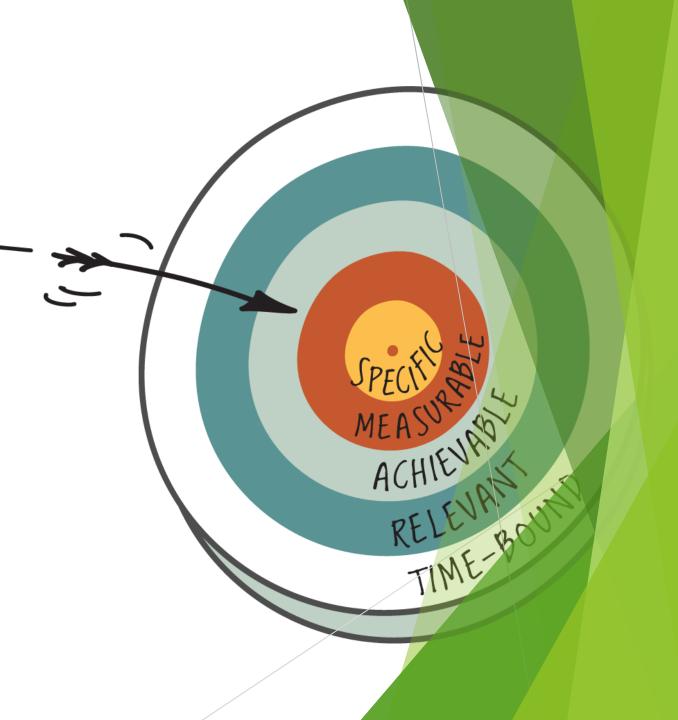
I will eat less sugar?

I will reduce eating at fast food restaurants to once/week. I will bring lunch to work 4 days/week to help meet this goal.

I will go to bed earlier.

## Creating your smart goal

- Pick category of your goal (Examples below)
  - Nutrition
  - Exercise
  - Stress Management
  - Sleep Hygiene
- Define Barriers
  - Time? Resources? Budget?
- Work through SMART steps to set your goal



#### Goal Category: Lunch Meal Prep

Step 1	Write down your goal in as few words as possible
Step 2	S - Make your goal specific (who/what/where/when/how): 3 action steps to reach this goal
Step 3	M - Make your goal measurable. Add details, measurements and tracking details.
Step 4	A - Make your goal attainable. What additional resources do you need for success?
Step 5	<b>R</b> - Make your goal relevant. List why you want to reach this goal.
Step 6	T - Make your goal Timely. Put a deadline on your goal and set some benchmarks.

#### SMART Goal Steps in action

Step 1	My goal is to bring my lunch to work
Step 2	<mark>S</mark> - Actions steps include having lunch items on hand, making lunch the night before, and setting a reminder to bring lunch with me to work.
Step 3	M - I will measure/track my goal by setting reminders to pack my lunch.
Step 4	A - Resources I will need include : Lunch box, meal prep containers, easy lunch ideas, and time devoted to some prepping on the weekends.
Step 5	R - I want to reach this goal because I want to save money on eating out during the week and I feel better when I eat lunches that I have made from home.
Step 6	T - I plan to reach my goal in one month.

## SMART GOAL

I will bring my lunch to work at least 3 out of 5 work days each week. I will remember to do this by having the foods available and setting reminders on my phone each night to pack my lunch for the next day. I plan to reach this goal in 4 weeks.

## Let's Meal Prep!





## Lunch Meal Prep: Sweet and Sour Chicken



### Lunch Meal Prep: No Cook Options

- Tuna Avocado Chickpea Sandwich
- Greek Salad Lunch Box
- Veggie Sushi Lunch Box
- Caprese Turkey Salad Lunchbox

