



## Meal Prepping and Goal Setting for Work Lunches

# 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?

Specific

Measurable

Attainable

Realistic

Time Based

## S - Specific

What exactly do you want to achieve?



Think about:

Who is involved?

Where is it located?

Which resources  
are involved?

## M- Measurable

How will you know when you have achieved it?



Think about

How much?

How many?

How will I know when  
I accomplished it?

## A - Attainable

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:

When?

What can I do six months from now?

What can I do 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.

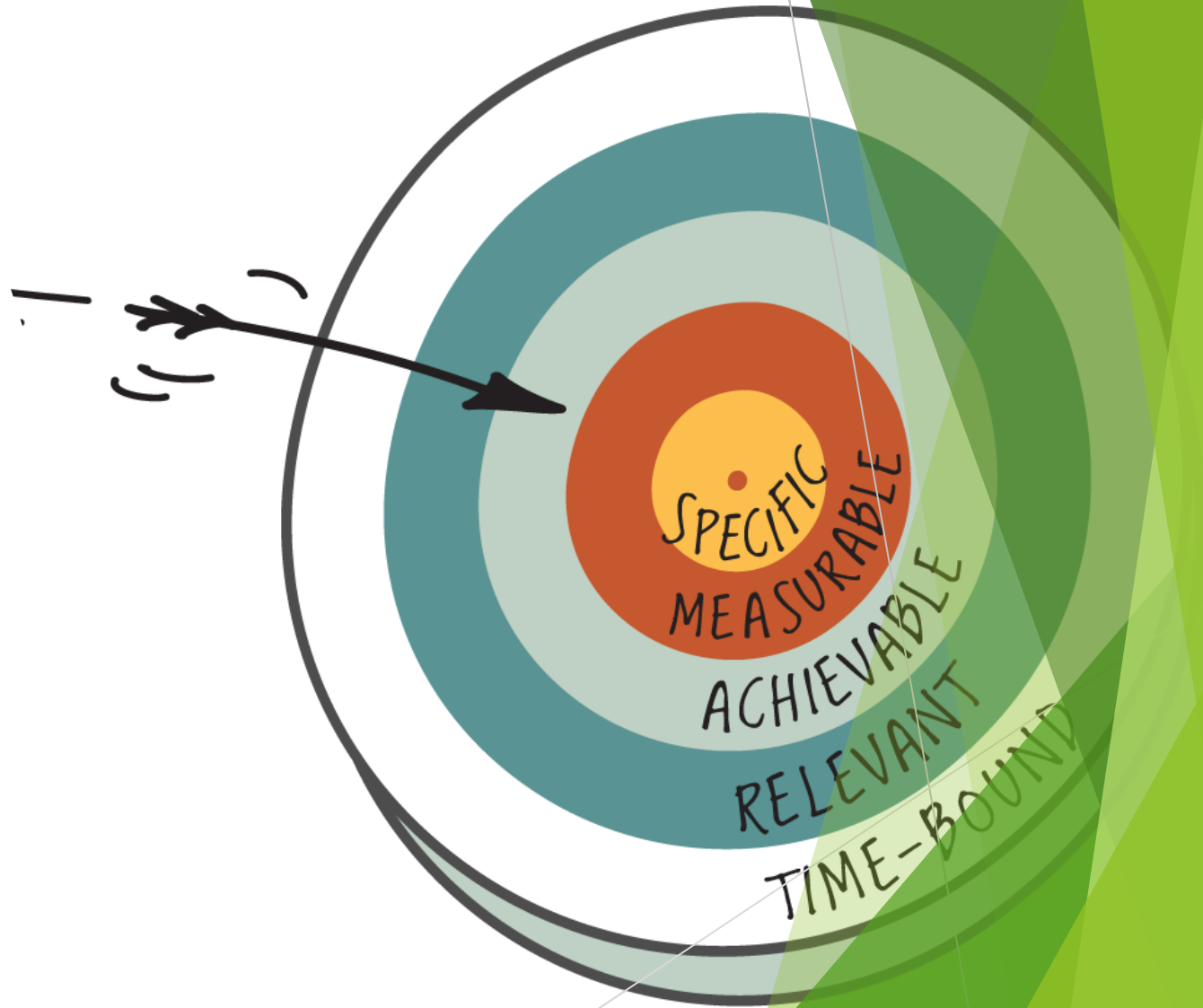
I will eat less sugar?

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.

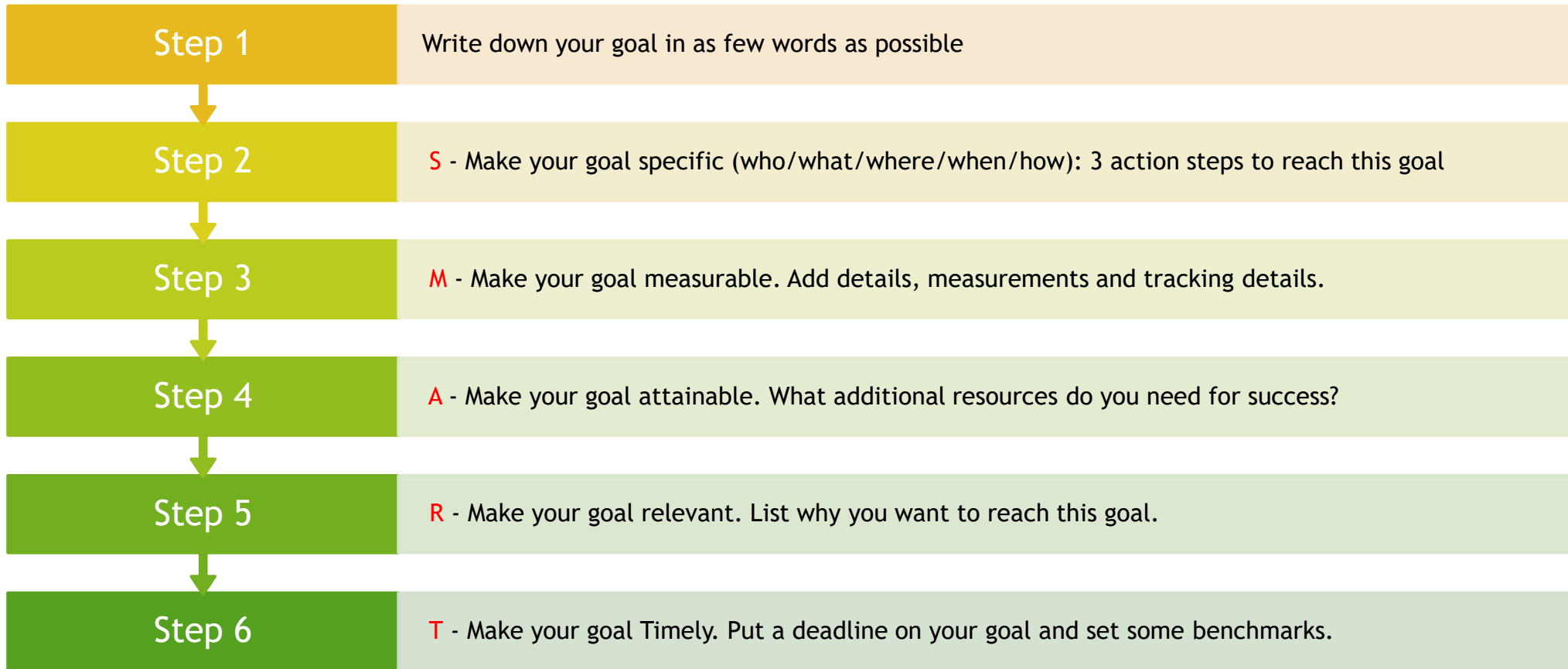
I will go to bed earlier.

# 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



# SMART Goal Steps in action



# 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



NO COOK Lunchbox



4 ways

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

