

# Planning is Everything

## How to use this card:

*Pass this card around. Each person please state your name and read a small section of the content on *Planning is Everything*:*

## CONCEPT 14: PLANNING IS EVERYTHING

*If diet and lifestyle are central to your health challenges, the solution will require lots of planning.*

There is no getting around the need for planning when your health demands that you change your behaviors. Many of us at Suppers have eaten, drunk, and behaved our way into our health challenges. Environmental exposures like heavy metals and pesticides contribute too. It is so easy to slip back into familiar patterns: grabbing a slice of pizza instead of sitting down to a meal, defaulting on good intentions to exercise more, or feeling too busy to prepare a fresh salad. This is why Suppers is a program, not a club or a class. The program can only work if you work it, and that means planning: having good food ready to eat at all times, taking the initiative to buy the best fresh ingredients you can get, making time for meaningful physical activity, and giving and getting support in a safe setting.

## Tips for Planning a Healthy Diet and Lifestyle

Make a large pot of something delicious and have lots of little jars or packages of it ready to go so you never crash for lack of good food in the house.

Keep a big batch of Suppers slaws in the fridge, they're just fine for two or three days.

Eating protein bars is a sign that you didn't plan well, but have some ready just in case.

Stay away from people who make you feel fragile and vulnerable to self-medicating for anxiety.

Steer clear of the people who need you for company to eat the foods you're avoiding.

At least in the beginning, gently but firmly avoid others who have the same problems.

Never be without an avocado in the house. Buy them in a planned way so there is always a ripe one ready to eat.

Never be without a box of gluten-free crackers in the house.

Keep dried coconut on hand; it jazzes up all kinds of things.

Get a rotisserie chicken and take it off the bone. There will be meat in the fridge for salad or soup, ready to go.

Plan for healthy eating that requires no work, like when you're sick or tired. Chinese take-out food that's steamed and has no sauces can be made more delicious with your own sesame oil or tamari, nuts, or pumpkin seeds.

Plan for flavor. Make a list of things that liven up your food and make sure to have most of the items on hand: raw almonds and walnuts, coconut milk, canned salmon, hot sauce, good salt, curry paste, lemons and limes, salsa, assorted vinegars, good olive oil, and sesame oil.

Plan for crunch. Keep crunchy vegetables on hand to chop or grate into tuna or salmon for a quick, easy lunch. Carrots, zucchini, cucumber, green beans, and jicama all work well.

Keep a snack bag of nuts and dried fruit (mostly nuts) on you at all times. Pack an apple.

If having good vegetables a moment away is important, wash the greens and dry them very well. Store them in plastic in the fridge. Sometimes the thought of all that chopping shuts you down, so have them ready to go.

Plan to have a good attitude. If you're surrounded by saboteurs in friends' clothing, having good food on hand is not enough. Plan to be strong.

Make plans with friends who have similar goals for themselves and reinforce each other's good intentions.

**Continue around the table by briefly sharing how you relate to the Suppers concept of Planning is Everything.**

**What healthy foods would help you live in your intention if they were always on hand?**

**Discussion Prompts (Each person select a prompt that works for you.)**

- Describe a situation in which planning ahead paid off for you.
- Describe a situation in which you would have made a healthier choice if you had planned ahead.
- Remember emotional and social planning too: How can you prepare for the next event to which you should not go without a plan?

**Ideas for Next Steps:**

***Experiments and Observations***

- Do a thought experiment with your group. Imagine a social situation or "eating invitation" and describe the plans you will make to help you live in your intention.
- Make a list of foods that will help prevent you from making "automatic choices" if you eat them in time.
- Make a list of foods that you will plan to have only in small quantities (or maybe not at all) because they have no brakes.
- With whom will you need to have a conversation to gather the wherewithal to adhere to planning?
- Who are the people who are already ready to support your plan to lead a healthier life?

***Between Meetings:***

- Read how other Suppers members related to this concept.
  - For people concerned about the effects of caffeine, read [Phoebe's story](#), page 208 in the 2<sup>nd</sup> edition of *Logical Miracles* and on the Suppers website.
  - For people concerned with potential saboteurs, [Sharon's Second Story](#), page 210 in the 2<sup>nd</sup> edition of *Logical Miracles* and on the Suppers website.
- Try something totally new; maybe you are good at planning, but your assumptions are wrong.
  - Experiment with pre-biotic and probiotic foods and see how they affect your appetite. Journal the experience.
  - Experiment with different dietary assumptions, more or less fibrous vegetables, more or less protein, more or less fat, intermittent fasting, or juicing. Journal the experience.