



WORKBOOK

Sarah Hansel Full Armor Fitness

MEAL PLANS THAT TRANSFORM WORKBOOK



To maximize our time together on this webinar, print this workbook in advance & be prepared to use it as we dive in!

3 Ways to get Massive Value

.....
from this meal planning webinar

Print this workbook before the masterclass to stay fully engaged and focused during our time together

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Answer the BIG question on the next page of this workbook before starting. If I don't provide an avenue to your answer during my training, you can ask it by emailing me sarah@fullarmorfitness.com

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To maximize your time, at the end of the session decide on just ONE action item you plan to complete in the next 24 hours. Taking action right away will give you instant momentum to start seeing big results.

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Big Question: What is the main reason for setting aside precious time to watch this video – what do you want most in your health?

Let's Dive In!

4 Steps, Strategies, and Secrets to your meal planning:

- 1.
- 2.
- 3.
- 4.



SECRET #1: _____

1. _____ the Bigger Picture
 - A. Ultimate Reason
 - B. Connections of _____ & _____ health
 - A. Mental
 - B. Emotional
 - C. What action step can you take?



SECRET #2: _____



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2. _____ your Pallet

- A. Foods you love
- B. Foods that control you
- C. What can you live without?



SECRET #3: _____

1. _____ out _____

- A. Average Man =
- B. Average Woman =

How to _____

Circle:

- 1. Eat less than your required calories**
- 2. Burn calories with exercise**
- 3. Combine 1 & 2**

B. _____ calories per _____ = _____

_____ calories per _____ = _____

C. Breakfast = _____ Calories _____

Lunch = _____ % Calories _____

Dinner = _____ % Calories _____



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SECRET #4: _____

1. _____ VS. _____

A. List the things you _____:

B. List the things you _____:

C. List your _____.

15 Should be _____ !



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- D. Decide _____ to eat
Decide _____ to eat
Decide _____ to prepare

E. WHAT - – download info at bottom of page

1. Veggies
2. Fruits:
3. Grains/Carbs:
4. Proteins:

F. WHEN

1. Calorie spreading
2. Calendar
3. Busiest days

G. HOW

1. Calendar
2. Prep
3. Accountability

FREE Download: Secret #4 Chart _____

THANK YOU FOR TAKING THE TIME TO INVEST IN YOUR HEALTH