



Pillar #3: Sexy Structures & Systems

Action Assignment

Some people thrive with structure and order. Others detest it because they want to be “free as a bird” and not have the constraints of “structure” or the annoyance of “systems”. And while there certainly is some wiggle room for different personality types the fact remains that if there is no order in your health and fitness it will invariably be replaced with chaos and when chaos reigns results banish.

So below is your action assignment to make sure that you are getting this 3rd pillar down pat.

Part I: Do some research on your personality type by visiting www.16personalities.com

-Fill out the questionnaire and discover your type.

Remember, personality classifications do not define who you are, but the Myers Briggs Classification system is one of the most researched classification systems in existence and can help you understand your strengths and weaknesses. For example, the “Perceiver” usually lacks organizational skills. If you happen to have this characteristic as part of your personality type it will help you identify what you need to be aware of so that you don’t sabotage yourself by neglecting certain structures and systems in your life.

Part II: Macro & Micro Food Prep

Macro/Micro Meal Prep Guide

10 Easy Steps For Meal Prep

It’s the 21st century, and our lifestyles are ridiculously busy. We are hustling more than ever, and if we are not careful, we can all get sucked in into the “I am too busy to eat healthy” trap that enslaves far too many of us. If we are not careful, this mentality can set us up for the demon of all demons.



You know to which demon I am referring, right? It is the trap of modern-day processed foods. These foods are designed to induce cravings and addiction, and they also lead to the mindset that food should not have to be prepared or take any time. Nothing could be further from the truth. In fact, your very health and fitness **DEPENDS** on you having a solid meal prep routine in place.

This guide will show you the absolute essentials of food prep, and I hope that you find value in it. Just a word to the wise: Give this time before you judge it. Forming a new habit takes significant time, and if you quit prematurely, you are setting yourself up for failure. If you go through these steps for the next 2-3 months, you forge a habit in your life that you will never regret; I promise!

I have divided my food preparation system into two phases. The first phase is called Macro Prep and has **NOTHING** to do with macronutrient ratios (I will save that for another mini course). The second phase is called Micro Prep. I will describe each in detail below.

Macro Prep

Macro prep refers to your **WEEKLY** planning and should be performed ideally on the same day of the week, every week for continuity and ease. I have found that people who rotate their Macro Prep day from week to week rarely form solid habits and end up falling off the wagon. The point here is to get into a routine and stick to it no matter what.

Step #1: Pick a day and time of the week that will become your official “Macro Food Prep.”

For example, if you choose Saturday (which is an excellent choice), you would then need to block out the time needed. If you are new to this, I recommend blocking out at least 3 hours. I know, I know; I can already hear you saying, “I don’t have that kind of time.” Hang with me . . . I am going to save you plenty of time in your week if you follow this system.

Step #2: Put this time in your digital calendar (like Google Calendar), and put it on repeat for the rest of your life. Be sure that **NOTHING**--and I mean nothing--gets in the



way of this sacred practice (I don't use the term sacred lightly BTW) because without this being an absolute priority in your life, I can promise you that you will be all over the map and frustrated with your results.

Step #3: Assess your time situation for your upcoming week, and select your "ABCs" Here, you are looking to see if your upcoming week is out of the ordinary. Are you more busy than normal? Less busy? Do you have back-to-back meetings that don't give you much time to get a snack in? Will you be traveling? Are you staying home this week and taking sick leave? What is your week looking like? What are you up against?

Based on what your week is looking like you will select from your ABCs.

Let me explain:

"A" Meals are complete whole food meals that take a while to eat. A good example of this is when you cook a home-based meal or when you sit down at a restaurant. Typically, you will need at least 15-25 minutes to fully chew these meals so that you don't wolf them down and cause digestive issues. These meals can be packed to work and will often need to be refrigerated. A good example would be salmon, a small sweet potato, and a small salad.

These meals are the MOST nutritious and preferable to the B and C meals that I will discuss below, if you can manage to sneak them into your daily diet.

"B" Meals are whole food snacks or quick meals that take about half the time of an A meal listed above. These meals are designed to be consumed within 5-10 minutes and can usually be easily packed to and from work. A good example of this would be celery and peanut butter accompanied by an apple and/or a wild-caught tuna pouch.

"C" Meals are whole food snacks that can be *minimally processed* (meaning they don't have anything added to, or taken away from their whole food source such as chemicals, preservatives etc.) These snacks are perfect for back-to-back meetings, traveling, and for those super busy days where you really don't have time for a sit-down meal.



They typically can be consumed in 5 minutes or less and can be socially acceptable in meetings (depending on your employer of course), social gatherings, and other events that do not typically involve eating. These are your last resort, but they are still MUCH better than the highly processed garbage that is typically available in these situations.

I recommend that you make 1-2 “A” meals for the week unless you want to make more. I say 1-2 for simplicity’s sake, but you are welcome to make more if time permits. As a rule of thumb, you want to stick to “A” and “B” meals the most, but it is understandable if you have an abnormally busy week and need more “C” meals.

Step #4: Find recipes that accommodate your ABCs for the week and begin building your Recipe Vault.

Get onto the web and find some healthy recipes that are accommodating to your upcoming schedule. For example, if you are looking for some “A” meals, you could Google “whole food recipes.” If you are looking for “B” meals, you could search for “quick and healthy meals,” and if you are looking for “C” meals, you could search for “healthy whole food organic snacks.” Notice the common theme here: They are all whole food based regardless if they are an A, B, or C meal.

In addition, you want to start storing these recipes away into your “recipe vault.” I recommend making a folder on your computer or phone for ABC meals and every time you find a recipe that you enjoy store it in this folder so that you can come back to it.

A general rule of thumb is to add at least 1-2 recipes into your vault weekly so that you never hear yourself making the excuse, “I don’t know what to eat!”. Build up your vault to at 15-30 recipes per ABC meal. This single practice is absolute gold and has the power to make or break your progress.

Step #5: Write down the ingredients you will need to buy to make your food for the week.



Make a list of all of the ingredients that you will need to make your ABC recipes for the week. Additionally, look through your house to see which ones you have and which ones you need to purchase.

Step #6: Go to the grocery store or Farmers' Market and purchase the food.

Step #7: Prepare the food!

This is where it gets very customizable to your unique situation. Let's say that you have an upcoming week that is extraordinarily busy. If this is the case, you would literally come home from the store and make enough "C" meals for the entire week. Say, for example, you choose to make homemade protein bars. You would want to make a whole cookie sheet of them so that you have them ready for your week.

As far as the "B" and "C" meals go, you have two options. First if you are a foodie and like to have novelty in your diet then I would recommend that you make your meals fresh every day. If you don't care as much about novelty but you still want a good tasting meal, then I would recommend that you make enough yields from your recipe that it could feed you for the rest of the week.

So, for example, for an "A" meal sweet potato recipe with salmon, I would cook up enough sweet potatoes and salmon that will last Mon-Fri. This practice can easily be replicated for most recipes because if you keep them in the fridge or freezer, they are not going to go bad and you end up saving a TON of time in the long run because you are not doing food prep every day.

In general, I always recommend that you cut up enough veggies and bag them up for the week. Fruit is usually easy to grab but be sure that it is easily accessible for the day of. In general, you want to LOAD your home with whole foods so that they are always accessible.

In 20 years of doing this, I have seen failure after failure when whole foods suddenly "run out." Just know that this should never happen and will never happen you are properly prepared using the suggestions in this guide.



Again, you will have to play with what works best for you, but in general, you are trying to front-load your food prep on a Saturday or Sunday so that you have your entire week taken care of and you don't have to frantically worry about what you are going to eat on any given day.

Micro Prep

Take a deep breath. Relax. Pat yourself on the back.

Why?

Because the heavy lifting is over baby! Yep, if you have successfully completed your "Macro Prep" as outlined above then the hardest part (by far) is over.

Now the only thing that you have to worry about is Micro Prep, which can be accomplished in a few easy steps as outlined.

Step #1: Set an alarm in your phone to remind you to micro-prepare every day at the SAME time if possible.

Do this right now . . . right this second . . . why are you still reading? Do it NOW! 😊

You only need to block out 5 minutes . . . literally . . . that's it! Not a huge investment of time for a HUGE return on your investment.

Put the reminder on repeat forever! There is no expiration to this practice, so make sure you always have a constant reminder until it is second nature, and you no longer need the alarm reminder. As a rule of thumb, you want a reminder for at least 3 months or however long it takes to form a solid habit.

Step #2: Select a time of day that will guarantee your success.

My micro-prepare time is at 7:00 every night, and it only takes me 5 minutes. So be honest with yourself, and select your time. I understand that things come up, and you won't be able to get the same time every night, or every morning, BUT that still doesn't mean that you are off the hook.



If you have your Micro Prep set for 7:00 pm and you know that you have a softball game that night, then by all means do it when you get home at 9:00 or, better yet, before you go to the game so that you don't have to worry about it after you get home! Do you get my drift here?

Step #3: Load up your cooler for the day

This is where you take out the food from the fridge and place it into your cooler for the day. Again, this is super simple, and I recommend the day before so that when you wake up for work you have everything in your cooler from the night before and you are good to go.

That is it my friend! I know that this may sound like a lot of work but trust me when I say that you will thank me later when this has become second nature to you, and you look and feel amazing!

Remember...don't think of how "painful" this is going to be for you, but rather think of all the amazing benefits that will come from this. You are going to have tons of energy, you are going to lose weight, look sexy, and save time and money in the long run! Not to mention that it gets easy and fun over time!

Additional tips:

- ✓ Make this a family affair! This is a great time to teach your entire family the importance of taking the time to take care of your greatest asset: Your health and your body!

- ✓ Make it FUN! Crank up the music, throw on a movie or series, or strike up a family conversation that will pass the time. Take your kids to the grocery store and make an event out of this. I have clients that tell me that their food prep has forged memories for a lifetime. With the right attitude you can certainly do the same! 😊



- ✓ Stick to your routine! The more closely you can stick to your routine the better. I understand that life happens at times, but try to be as consistent as possible with your routine to ensure proper habit formation.

- ✓ Approach this with a positive mental attitude and drop the “man this takes a lot of time” attitude. I get it: Yes, it will feel a little heavy at first . . . That is normal. But hang in there with a positive mental attitude and you will be amazed at how cool this routine will become in your life. You may even come to look forward to it!