



Free Masterclass

5 LIES WE TELL OURSELVES ABOUT EATING HEALTHIER

and the Simple Secret to overcome them



2-MINUTE MEAL PLANNING STRATEGY

To take the headaches and worry out of
deciding what to cook every day.

Simple Meal Plans

WEEKLY TEMPLATE



Mon

Tues

Wed

Thurs

Fri

Veg Based	White Meat	Egg Based	Red Meat	Fish

Simple Meal Plans

WEEKLY TEMPLATE



Mon

Tues

Wed

Thurs

Fri

Veg Based	White Meat	Egg Based	Red Meat	Fish
Zucchini Pizza	Spiced Chicken with Hummus	Darya's Egg Fried Cabbage	Sausage, Mushroom & Feta Hash	Fish with Lime & Miso Butter

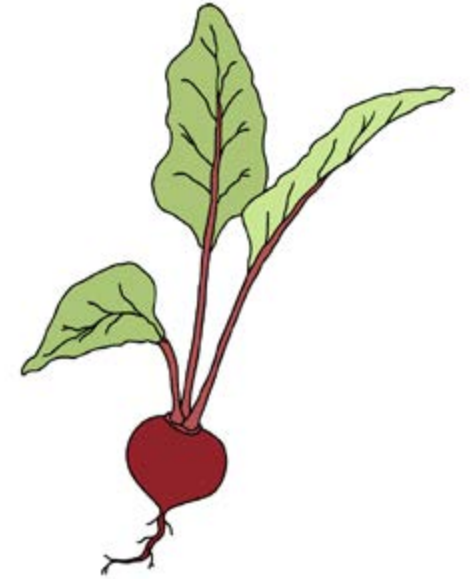
Simple Meal Plans

FULL WEEK EXAMPLE



	<i>Sat</i>	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<i>lunch</i>	Cheese & Nuts Picnic	Egg + Bacon Veg	Abundance Bowl	Leftovers	Abundance Bowl	Leftovers	Out
<i>dinner</i>	Red Meat & Veg Dessert	Irishman + Sauce & Salad	(Fasting) Fried Rice	Meat	Eggs	(Fasting) Spag Bol	Fish

ROADMAP



2-Minute Strategy



My Story



5 Healthy Eating Lies



Work with Me

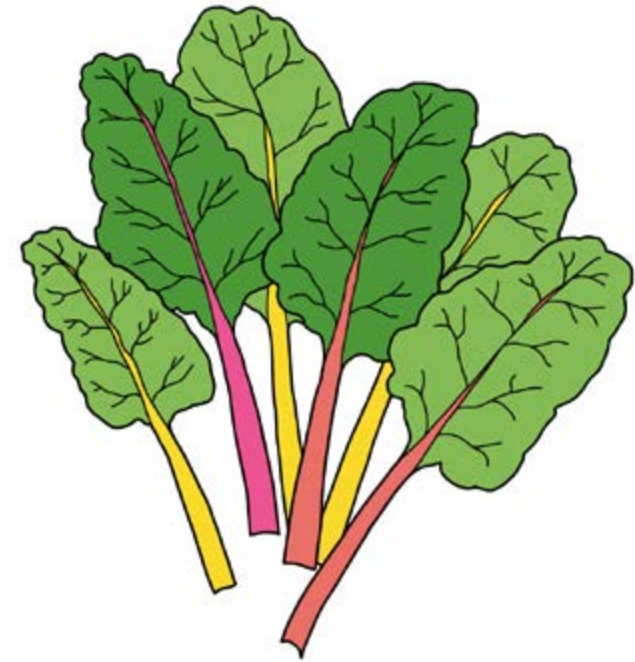


Bonus



QnA

MY STORY



Food Lover



Bachelor Food Science (Hons Class 1)



Developed the White Tim Tam



Minimalist + PCOS + Diabetes



Started My Business 2010

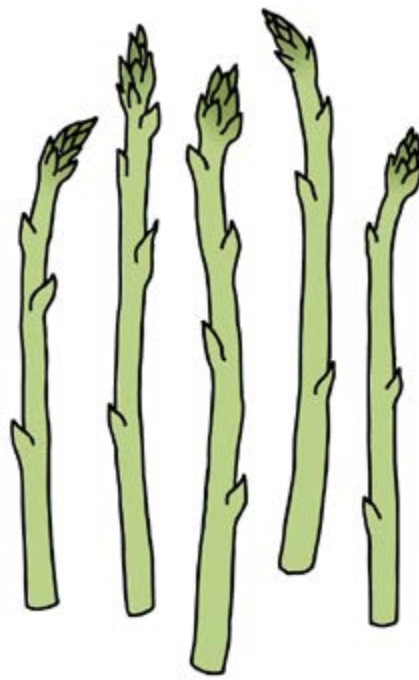


5 LIES WE TELL OURSELVES ABOUT EATING HEALTHIER

and the Simple Secrets to overcome them




Lie #1
IT'S SO
CONFUSING



#1. It's so confusing

SOLUTION

I'm discovering what works for me.

A rustic meal featuring a quiche with bacon and chives, a bowl of fresh spinach, and a plate of potatoes, all set on a wooden table.

Lie #2
I DON'T HAVE THE
WILL POWER OR
DISCIPLINE



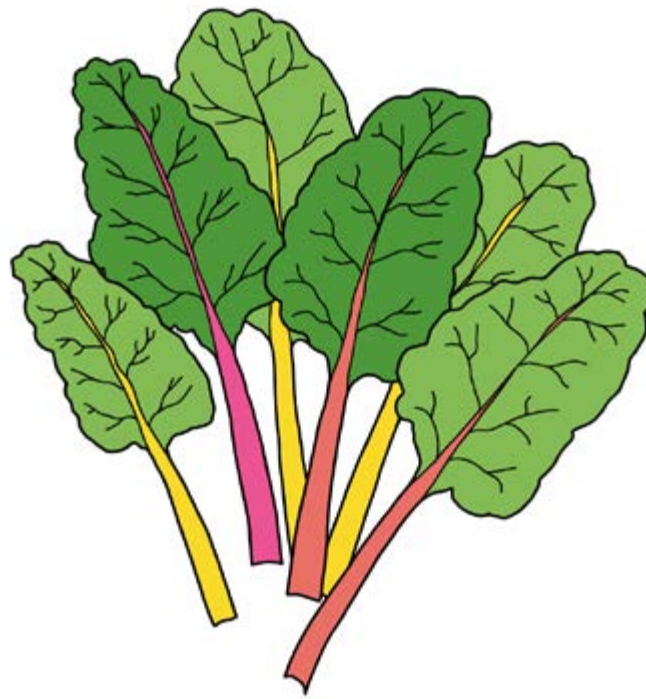
#2. I don't have the willpower.

SOLUTION

Develop Healthy Habits.
Use 'Personal 'Rules'.

The background of the image shows two rustic, dark-colored bowls filled with a fresh salad. The salad consists of vibrant green leafy vegetables, possibly arugula or baby spinach, topped with sliced almonds and small, round, golden-brown fried items. The bowls are placed on a dark, weathered wooden surface with visible grain and texture. A semi-transparent light green rectangular overlay is positioned in the center of the image, serving as a backdrop for the text.

Lie #3 I HAVE TO BE PERFECT



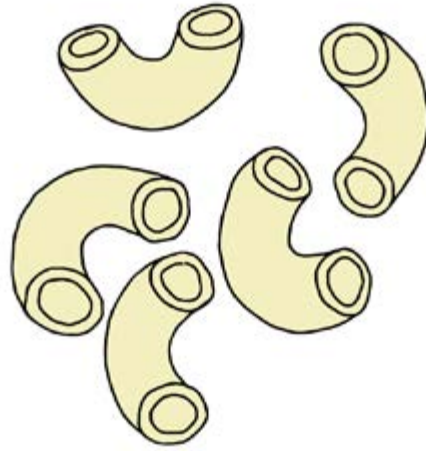
#3. I have to be perfect

SOLUTION

Just STOP!
Every little bit counts.



Lie #4
I CAN'T GIVE UP MY
FAVOURITE FOODS



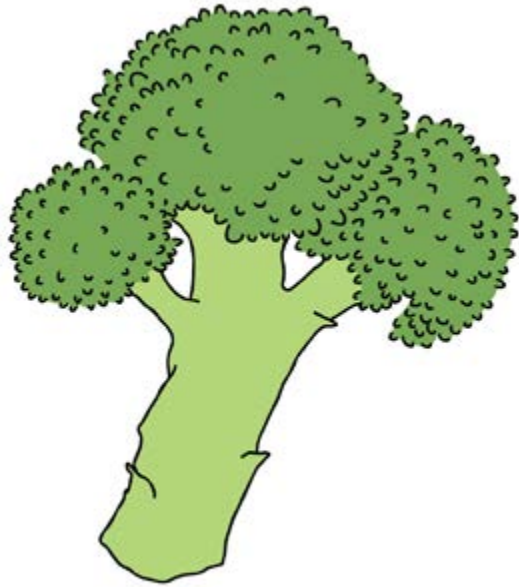
#4. I can't 'give up' my favourite foods

SOLUTION

Quantity counts!
Plan indulgences ahead.
Discover substitutes.



Lie #5
I'M JUST NOT
ORGANIZED

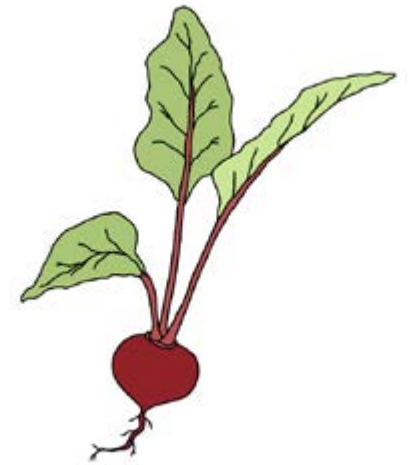


#5. I'm just not organized

SOLUTION

If I were organized, what would I do?
Join Simple Meal Plans!

SUMMARY



#1. It's so confusing
Discover what works for you.



#2. I don't have willpower
Habits + Personal Rules



#3. It has to be perfect
Every bit counts.

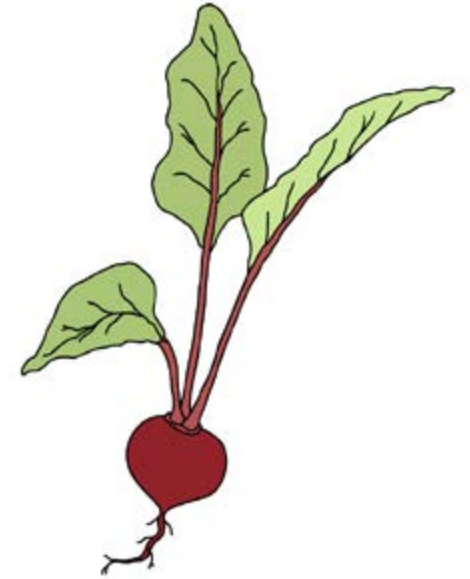


#4. I can't give up my favourite foods
Quantity matters, Plan ahead, Find substitutes



#5. I'm not organized
Use Simple Meal Plans.

ROADMAP



2-Minute Strategy



My Story



5 Healthy Eating Lies



Work with Me



Bonus



QnA



Join Simple Meal Plans!

Weekly Seasonal Meal Plans
+ Shopping Lists.
Automatic Meal Planning Tool.
All Recipes.
All Programs.
(Total Value \$1605)

\$16/month

www.thestonesoup.com/blog/join

(Price Rise: 25 Sept 2020)

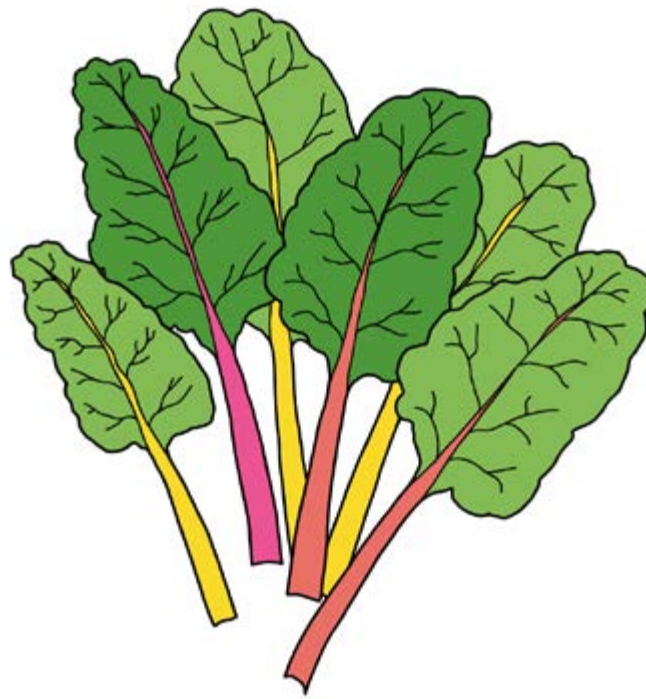
BONUS: Today Only



Standard Price \$29

The background of the image shows a rustic wooden table. In the lower-left corner, there is a light green ceramic plate containing several brown meatballs on a bed of white sauce, garnished with fresh green herbs. In the upper-right corner, a blue ceramic dish holds more meatballs, some of which are topped with melted cheese, and a wooden spoon rests on the edge of the dish. The text "THANK YOU BONUS!" is centered over the middle of the image in a large, white, sans-serif font.

THANK YOU
BONUS!



THANK YOU BONUS

Meal Planning Templates + Slides

smp.to/notes

The background image shows two bowls of food on a rustic wooden surface. The bowls contain a mixture of roasted vegetables, including cauliflower and chickpeas, garnished with fresh green herbs. A semi-transparent white rectangular box is overlaid in the center, containing the text 'Questions and Answers' in a white, sans-serif font.

Questions and Answers



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ALWAYS THINK WHAT YOU
HAVE TO DO IS EASY
AND IT WILL BECOME SO.

- Emile Coue