



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

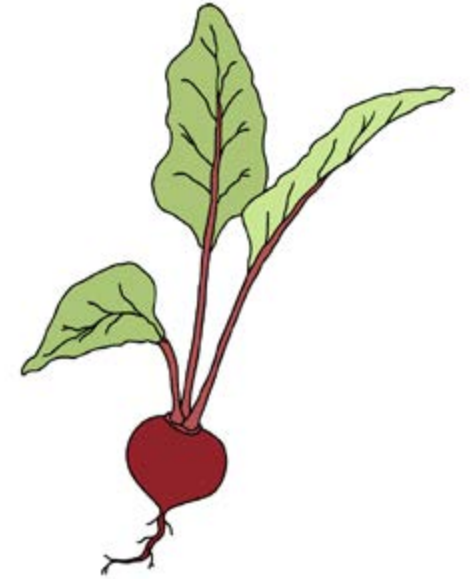
Simple Meal Plans

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

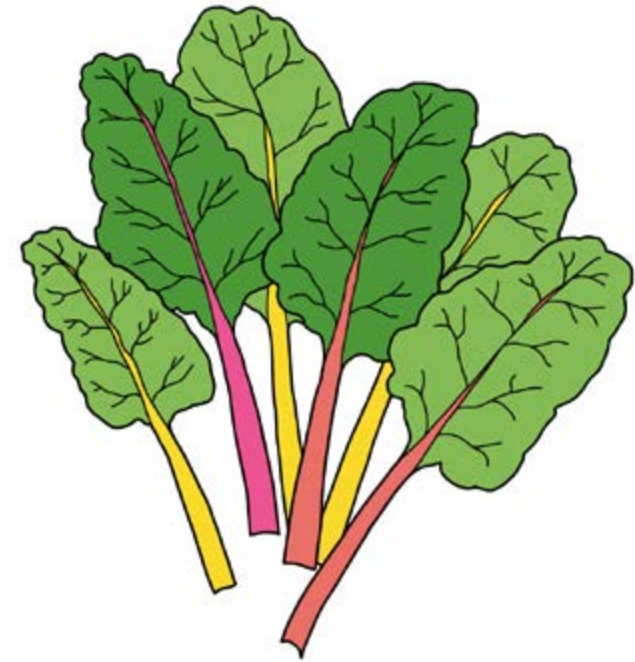


Bonus



QnA

MY STORY



Food Lover



Bachelor Food Science (Hons Class 1)



Developed the White Tim Tam



Minimalist



Started My Business 2010

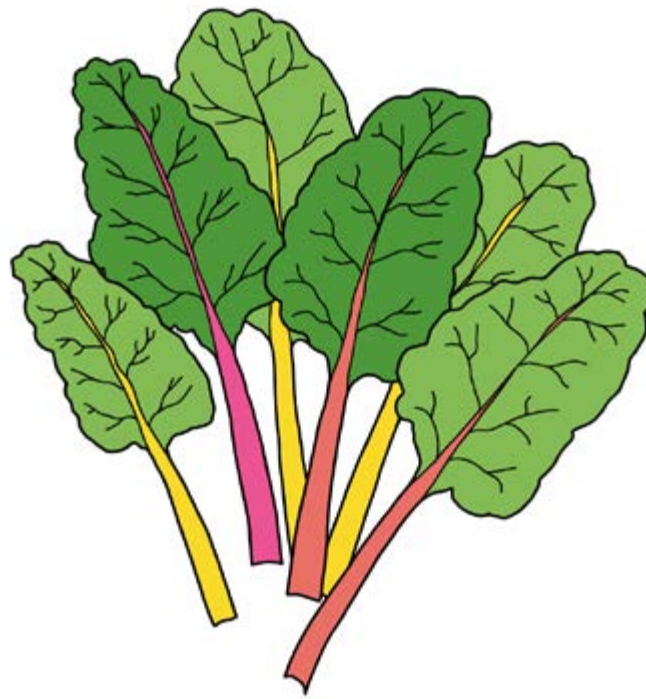


5 LIES WE TELL OURSELVES ABOUT EATING HEALTHIER

and the Simple Secrets to overcome them

The image shows two rustic, dark-colored bowls filled with a salad of green leafy vegetables and sliced almonds. The bowls are placed on a wooden surface made of horizontal planks. A semi-transparent light green rectangular overlay is positioned in the center of the image, containing the text.


Lie #1
I HAVE TO BE
PERFECT



#1. I have to be perfect

SOLUTION

Just STOP!
Every little bit counts.



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



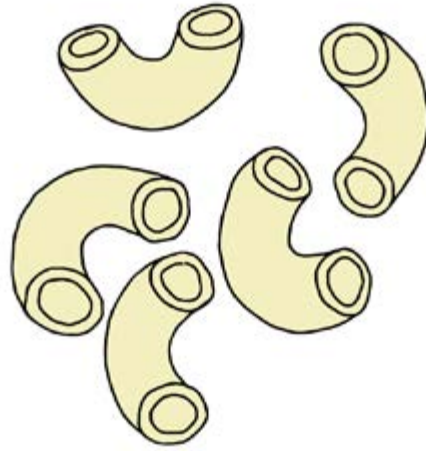
#2. I don't have the willpower.

SOLUTION

Develop Healthy Habits.
Use 'Personal 'Rules'.



Lie #3
I CAN'T GIVE UP MY
FAVOURITE FOODS



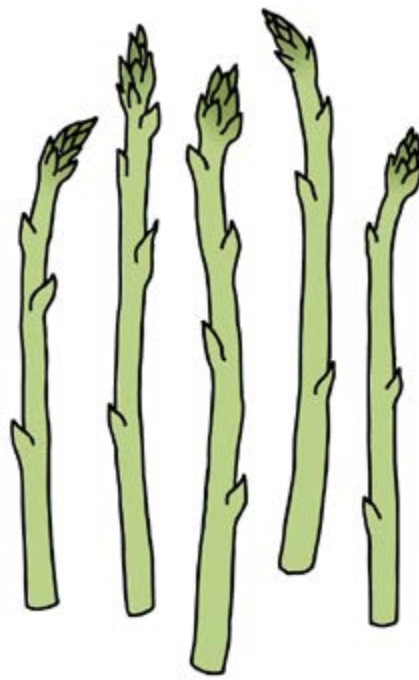
#3. I can't 'give up' my favourite foods

SOLUTION

Quantity counts!
Plan indulgences ahead.
Discover substitutes.



Lie #4
IT'S SO
CONFUSING



#4. It's so confusing

SOLUTION

I'm discovering what works for me.



Lie #5
I'M JUST NOT
ORGANIZED

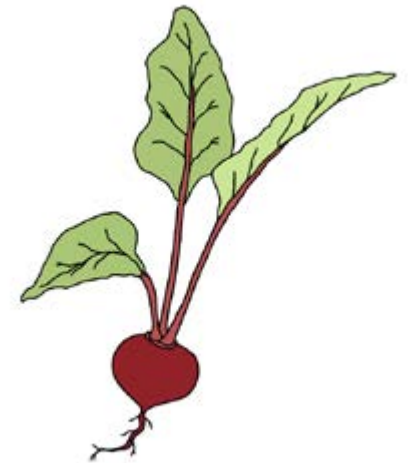


#5. I'm just not organized

SOLUTION

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

SUMMARY



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



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



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

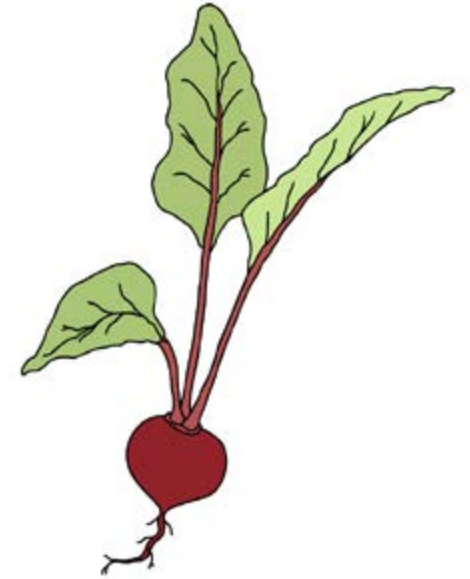


#4. It's so confusing
Discover what works for you.



#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)

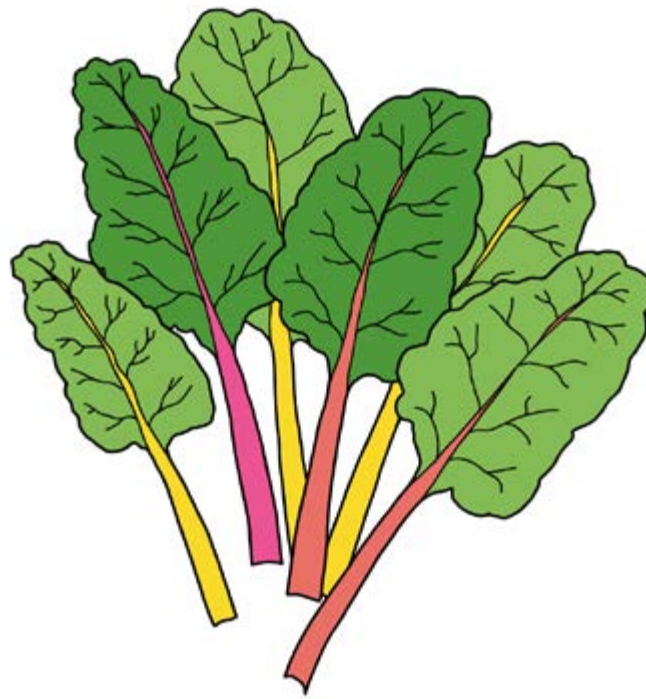
BONUS: Today Only



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 round 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 a golden-brown sauce and nuts. A light-colored wooden spoon is placed diagonally across the blue dish. The text "THANK YOU BONUS!" is centered over 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